

Phone secrets that could
BRING DOWN THE KARDASHIANS

**UMA THURMAN
FACE SHOCK**

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'doing a
Renée'

**SKINNY
WARS!**

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LOST
2ST 6LB

CHARLOTTE
LOST 3ST 2LB

How Geordie girls
became **DEADLY**
DIET RIVALS

23 February 2015
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Now

**KATIE HOPKINS
EXCLUSIVE**

**'Truth about
KATIE
PRICE'**

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make it up with Pete'

* 'Nervous wreck who
won't go to the toilet
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23 February 2015

She's so Now

Amanda's got talent!

Looking bang on-trend and far younger than her 44 years, we've fallen in love with Amanda Holden all over again. Working the red carpet at the Britain's Got Talent auditions, Amanda looked flawless in an asymmetric navy top over black trousers – yay, the 90s are back!

Talking of fashion, turn to p64 to find out how to vote in our first ever Feelgood Fashion Awards. It's your chance to help us celebrate high street style.

Sally x

Sally Eyden,
Content Director
Follow me on Twitter
@sallyeyden

Fittie Shades of TOWIE!



Want to see the TOWIE boys doing pull-ups in their pants? Course you do! Head to nowmagazine.co.uk/TOWIEFifty for that and more saucy secrets.



*She's our
Holden girl!*

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hottest
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This week's **Love** juice

Who's **dating**, **mating** and **hating**

Dougie down under

**Ellie Goulding
& Dougie Poynter**

Clearly Ellie, 28, couldn't stand to be too far from her McBusted boyfriend Dougie for any longer – the singer has headed to Australia to accompany the 27-year-old, who's on tour there with his bandmates. Cuddling up at Melbourne Airport, the health-conscious pair enjoyed a juice as they wandered around. Ellie's hit the UK No 1 spot with Fifty Shades song Love Me Like You Do, while McBusted are due to stay down under for another week. At least they're getting some time together.

*Careful you don't
Burn in that
Oz sunshine, Ellie!*

Liv Tyler & Dave Gardner

Liv, 37, gave birth to her son with Dave, 38, six weeks early, but both are 'happy and healthy'. Liv has a son Milo, 10, from her marriage to Royston Langdon.



LOVE ladder

Hopping up



Charlotte Hawkins & Mark Herbert
Good Morning Britain's Charlotte, 39, and her hubby Mark, 41, have welcomed their first child, a girl. Aww.



Pamela Anderson & Rick Salomon
Pamela, 47, has filed for divorce from Rick, also 47, for the *third* time. Maybe this year they'll actually go ahead with it?

Rita Ora & Calvin Harris

Sounds like Rita, 24, still isn't over ex Calvin, 31. She's revealed the split made her realise she'd been 'fixated' on a fantasy relationship.

Cooling off

Corrie love split

Georgia May Foote and John Sage

She's just quit Corrie and now Georgia May, 24 – who plays Katy Armstrong – has called off her engagement to childhood sweetheart John so she can focus on a new career in Hollywood.



Pre-wedding detox

Mark Wright & Michelle Keegan

With the big day just months away, Mark, 28, and Michelle, 27, were spotted picking up health drink Bootea – which also has aphrodisiac properties! – while out and about in Essex.



Lana & Matt's secret date?

Lana Del Rey & Matt Bellamy

Just two months since Matt, 36, announced his split from Kate Hudson, he's been spotted on a Starbucks run in LA with Lana, 29. It comes a few weeks after Lana was seen having a screaming row at an airport with her beau Francesco Carrozzini. Ooh, intriguing...

Crush corner

BEAR GRYLLS, 40

We'd be happy to follow Bear into the woods, jungle, desert, icecaps or mountains if we could snuggle up in a tent with him afterwards. Hottest. DILF. Ever.





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NOW'S NEW COLUMNIST KATIE HOPKIN

'The real Kat'

TERRI INSEC WREC

- So nervous she can't even go
- Desperate to make up with h

Hopkins on her
housemates...

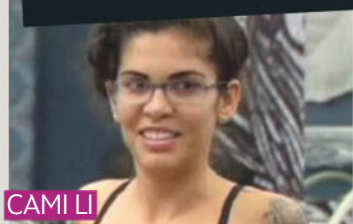
Katie Hopkins entered the CBB house the most hated and controversial woman in Britain – and she was perfectly comfortable with that, thank you very much. What the 40-year-old didn't expect was to come second and for the public to develop guilty pleasure levels of love towards her. 'Argh, it's sooo awkward,' she laughs as we tease her about secretly being a nice person.

Not that Katie Price, 36, agrees, last week branding her

rival 'a disgusting human being' on This Morning and saying she'd be 'ashamed' if she were her parent. But Katie Hopkins is never one to hold back, which is why we're proud to announce she's joining Team Now as our controversial-yet-caring columnist. And to kick off, in this explosive interview she reveals the shocking bits the CBB cameras didn't show...

You complained Katie Price was boring – why do you think she went in the house?

I've no idea! Her boob was really badly infected. I saw a 2in hole under her boob that the implant was falling out of – it was *bad*, but



CAMI LI

'I don't know what she was made out to be like in the edit, but I thought she was great to have in the house.'



CALUM BEST

'His body was ah-may-zing. He's a really nice guy. He hates it when women are spoken badly to and he'll always defend their honour.'



KEITH CHEGWIN

'Pathetic. Self-obsessed and so desperate for the public to like him he hid the fact he's addicted to e-cigarettes. It was hilarious.'



MICHELLE VISAGE

'People thought the two of us wouldn't get on, but actually I love her. Michelle's me with better skin and better boobs.'

S REVEALS:

ie Price is a

FIED, URE' K'

to the toilet alone
her ex Peter Andre

Another
Now
Exclusive

the surgeon let her in. She's been on *crazy* amounts of antibiotics since November – and taking ibuprofen and paracetamol every other hour just to deal with the pain – yet she went in that house.

Did you get any idea of what she's actually like?

She's very insecure. She's terrified – unless she's dressed up as Pricey, in Pricey mode, she's not confident. She's a frightened person. She says she won't go to the toilet on her own in a restaurant, she doesn't like to stand at a bar and pay for something and she won't go out to dinner with someone new. She imagines she's going to lose her tongue – not in the 'cat's

got your tongue' sense – she physically imagines swallowing her tongue.

That's really sad...

She's really a nervous person, so you'd expect her to put on the full-on Pricey every day in the house in order to exist, but she just didn't.

Her confidence seemed so low at one point that she said she wasn't worth her fee.

Yeah, exactly. That was when Eamonn Holmes interviewed us. Afterwards, she had a complete collapse. We

'KATIE
LIVES IN
THIS
CRAZY
WORLD'



ALICIA
DOUVALL

'She's really thick, but that's OK. I love that she stood up to me – I really admire her for that. I wish she'd stayed longer.'



KAVANA

'So messy. Where he took his clothes off was where they'd stay. And his cereal bowl, too. I had to teach him to hand-wash his laundry!'



NADIA
SAWALHA

'I was comfortable living with someone who had an opposite view. We'd argue and the next minute be OK with each other.'



PEREZ
HILTON

'He has the worst body ever – there's so much saggy skin. I really wish Perez had kept his clothes on.'

TURN FOR MORE ➤

had an eviction that night and she was sure she was going. She was beside herself – she couldn't sit still, her legs were shaking, she couldn't breathe, she lost the feeling in her hands, her stomach collapsed. She was determined she was this 'boring' thing. I told her she wasn't relevant to the house.

Kavana said she spoke about wanting to reconcile with Peter Andre. Did she ever speak to you about that?

She said at the moment they only speak through lawyers – which is pretty bonkers considering the kids see him every week – and she'd like to get to the point where they can speak themselves. She doesn't even have Pete's mobile number. She says it's to stop incoming calls, but I imagine it's to stop her outgoing ones. Kieran [Hayler] is the one who deals with him over anything to do with the children. It's really weird.

Did she mention Peter's fiancée Emily McDonagh?

Well, there's got to be some grating there. I imagine Emily would annoy her because people perceive Pete as coming out of the divorce as the nicer guy. I don't know if that's true and that's not something she's said, but I get the impression she



feels Pete looks better and now he's got the perfect partner. And I guess Emily being a doctor when Katie isn't the sharpest tool in the shed has to hurt.

And what about her former best friend Jane Pountney, who Kieran had an affair with?

I guess they removed big chunks from the final edits, but she slags Jane off all the time – 'That fat effing slag, that fat effing bitch...' She was also very keen for us to know she has pictures of Jane posing naked. She lives in this crazy world of feeling hard done by. Everyone – Jane, Kieran – they've all been disloyal, betrayed her and are in the same group of being utter whatever she calls them – some horrible name.

Do you think she likes to play the victim?

I think she likes to play 'Katie Price, victim, aren't I lovely and all I care about is my children' – at the same time sitting in a house for four weeks. The only time she really came to life was when the hair and make-up came on the scene and suddenly she became 'Pricey'. But normally she was just this boring person

I wanted nothing to do with.

What are your impressions of her husband Kieran?

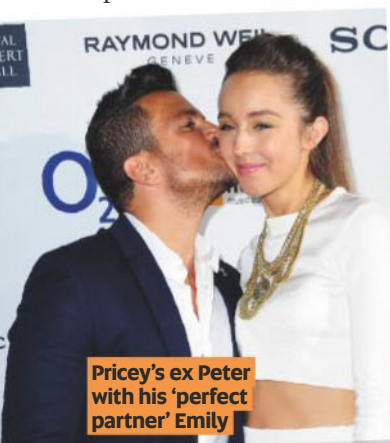
I feel really shocked for him. He's only 27 and he's taking on so much crap, having to arrange all the pick-ups and drop-offs with Pete. And I can't believe they're getting married for a third time. She'll have had three husbands and seven weddings. Seven! I caught on to the idea that she only has weddings to sell them to magazines. This third one to Kieran is going to be full-on, too. They're walking up the aisle and everything. She told me what song it was going to be to – some random shit like a classic rock track.

Why do you think so many men fall in love with her?

I've no idea. It's like she read this fairytale when she was little and this is the life she wanted that never came true. She keeps getting together with frogs – they don't turn into princes.

Do you think you two will speak again?

No, because my views on her are pretty harsh. Michelle or Calum should've won – they did great things for themselves and other people. Katie's just not in any way a winner. I think it was set up for her to win, in the sense that she was sent to the Diary Room to make a last plea as to why she's interesting.



Watch the video!

Check out 'at home with Katie Hopkins', our hilarious five-part series at nowmagazine.co.uk/athomewithkatie

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'I HAD EPILEPTIC FITS IN THE CBB HOUSE'

- * Katie hits back at claims of 'special treatment'
- * Why compliments make her cry

Katie, there was some controversy about the fact you had your own bedroom in the CBB house.

It was always agreed because I have epilepsy and I'd feel awkward for other people I'd be sleeping next to or in bed with. I have three or four fits a night and my arms dislocate – they have done 26 times in the past few months. The last time was New Year's Day. So I had a room that was literally a double bed you could walk around. It also had a toilet and two cameras facing me so the doctors could keep an eye, and a fire escape so if I did dislocate an arm I could be quickly whipped out. I'd stay over with everyone in their room until they were turning off the lights and in the morning when the lights came on, I'd come scuttling back over. So effectively I was only there to sleep.

Did you have any fits while you were in the house?

I had a few big ones. I nodded off in the bedroom and I had a fit – poor old Michelle and Cami Li were completely freaked out because when you have a fit your eyes are open, so it looks like you're dead. When I came to, they were like: 'Oh my God!' but I reassured them I was fine. Keith went on Good Morning Britain and said I was getting special treatment with the room, which I thought was strange when he knew

I had fits and how unpleasant it can be for others. I had another big one in the house that took out my tongue.

Your tongue?

You bite your tongue, so Big Brother delivered some straws to me so I could eat because my tongue was mangled.

Do you know how many fits you had in there?

I didn't keep a record. I guess I would've had one or two a night, but the doctors who were watching through these cameras reckon they weren't as bad as the ones I normally have and they

certainly saw them go down during my time in the house, which is really weird. Their view is that maybe the house was good for me. While you were captive, you were also free from life's normal worries or pressures or demands. In this house from hell that drove everyone mad, I was cured of my epilepsy!

That's very revealing...

My epilepsy or my children being ill and potentially having genuine health concerns – those are real problems. What *aren't* real problems are all those other idiots who call themselves celebrities. 'Is my hair big enough? Is my skin brown enough? Are my nails gelled enough? Are my teeth white enough?' All the things they moan about. Patsy [Kensit] was on 18 vitamin tablets a night! Get over it, Patsy. So needy, so hypochondriac, so demanding, versus people out there working 13-hour shifts, people who don't know where their next work is coming from.

You had your fair share of drama in there, but it was a compliment you received from Jim Davidson that made you cry...

I ended up in the bloody final. On the way in I got booed – I was prepared for that, I know that territory. I wasn't expecting, or comfortable with, coming out to cheers and people being nice – that's not what I know. The only me that anyone knows is a nasty, vile, spiteful old cow and I'm comfortable with that!

What is it that makes you so uncomfortable about people seeing your more human side?

Sharing all of me makes me feel really exposed. I'm not used to that. I put on my suit – that's my little armour. I know my opinions, which *are* my own opinions and I mean them. But when people find out: 'Oh, she wears a onesie and look at the weird faces she pulls and how could she possibly like Michelle Visage?' – who I love – it's hard. My epilepsy comes into it, too. I never shared that publicly. That's a really private thing and that's excruciating.

Is there anything that can actually hurt you? Do you have a 'don't go there'?

No. Everything that could've been said to or about me has been said. I can deal with anything.



DON'T MISS KATIE'S COLUMN!

Controversial, provocative, yet always hilarious – Now is ecstatic to announce Katie Hopkins as our new columnist, starting next week.



MOLLIE KING
in Sarah
Baadarani



THANDIE NEWTON
in Suno



NATALIE PORTMAN
in Christian Dior

FASHmob



**MICHELLE
KEEGAN**
in Lipsy



**KENDALL
JENNER**
in Romona Keveza

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they rocked, the
trends they
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For this week's 'hots & nots',
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BRUCE JENNER'S PANIC OVER PHONE SECRETS

After a car crash that left one person dead, Bruce fears his darkest secrets are about to be revealed

Since he filed for divorce from wife Kris last September after 22 years together, Bruce Jenner has faced constant speculation about him transitioning to becoming a woman. Despite baring his life on *Keeping Up With The Kardashians*, he's maintained a dignified silence on his plans for gender reassignment. Until now.

The 65-year-old's world came crashing down two weeks ago when his mobile phone containing highly personal details was seized by police after he was involved in a multi-vehicle pile-up that left one woman dead near his home in Malibu. He's now terrified all his secrets and darkest thoughts are about to be made public for the world to see.

Bruce has told the rest of the family he's absolutely frantic after officers asked him to sign over his records and his phone to prove he wasn't texting or on a call at the time of the fatal crash. The phone includes emails and texts dating back over the past year about his journey to becoming a woman, as well as dozens of Kardashian

and Jenner family secrets.

'Bruce is incredibly smart, but he's not very tech-savvy. He's saved emails and texts going back a year or so that could result in some hugely embarrassing stories being leaked to the public if the phone falls into the wrong hands,' explains a source.

'Kris called an urgent family meeting on last week and told everyone to brace themselves as Bruce's entire phone contents may well be leaked. She trusts the police, but she told

'BRUCE ISN'T VERY TECH-SAVVY'

the family to prepare themselves for the worst just in case it goes missing or gets stolen before being returned. There are emails about Bruce's plans for the next year, including highly sensitive medical information.

'Bruce was due to have a meeting with E! TV producers next week about a spin-off reality show detailing his change and he's been discussing that at length, including dressing as a female and what name he'd like to go by. Bruce is an incredibly open person who



Bruce in the aftermath of the multi-vehicle pile-up

doesn't like having secrets, but he doesn't want his kids to be upset by things he hasn't told them about yet.'

It's not just Bruce who's in a panic about the phone falling into the wrong hands. Kris, Kourtney, Kim and Khloé Kardashian and Kendall and Kylie Jenner – and even Kim's husband Kanye West – could all face embarrassing bombshells as well.

The source adds: 'The phone has details about Bruce's thoughts on Kim and Kanye, information about Khloé's marriage breakdown and what he really thinks of Kris's new toyboy Corey Gamble. Everyone's worried because no doubt it's explosive.'

Bruce's phone has been seized by police



What could be on the phone

DISCUSSIONS ABOUT BRUCE'S GENDER REASSIGNMENT

Bruce's planned tell-all show with E! is sure to have been discussed

on private emails. There will also be specifics about when and if any operations will take place.

WHAT HE REALLY THINKS OF KIM AND KANYE



Publicly, Bruce and Kanye, 37, get on, but as Kim, 34, is his stepdaughter he's sure to have strong views on their marriage. There was also a row about their wedding that ended in Bruce's son Brody, 31, not attending.

HIS THOUGHTS ON KYLIE & KENDALL'S CAREERS

At 17 and 19, they're still his little girls and Bruce worries they're growing up too fast. The phone may reveal his thoughts on Kendall's modelling and her friendship with Cara Delevingne and on Kylie's rumoured boyfriend Tyga.



Kris has moved Corey in

It's getting serious between Kris, 59, and toyboy Corey, 34 – he's moved into the LA mansion she used to share with Bruce. 'Kim and Kanye recently moved out to their under-construction Hidden Hills home and Kris invited Corey to move in,' says our source. 'But her daughters worry he's taking advantage of her wealth and fame – and that once he's in he'll never leave.'



HIS OPINION OF EX KRIS AND HER TOYBOY

They were together for 22 years, so no one knows Kris better than Bruce. He's sure to have thoughts on how she's behaved since they split, as well as her new man Corey.



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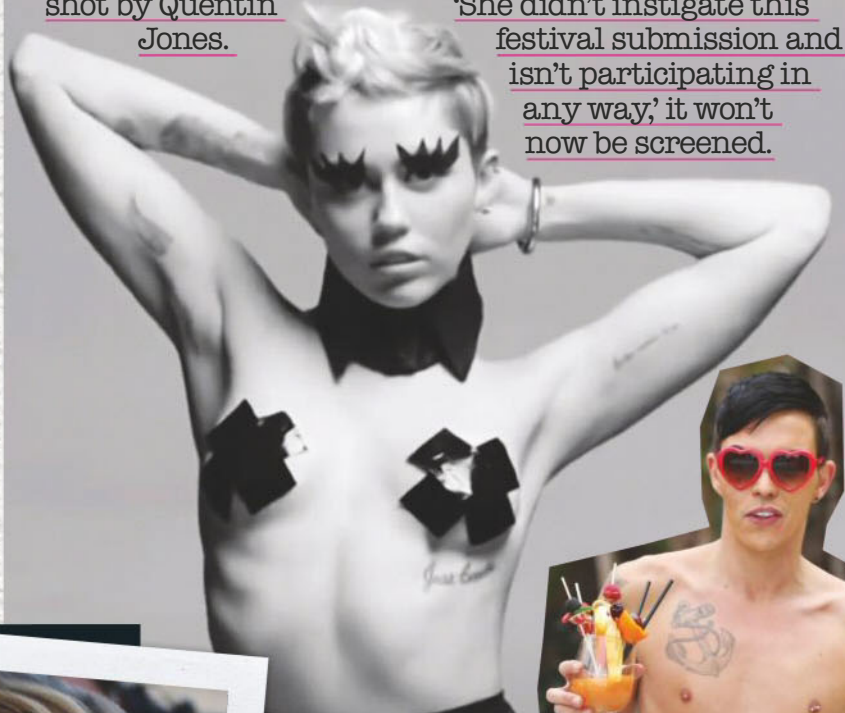
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Look at me!

50 SHADES OF MILEY

Miley Cyrus, 22, caused another storm when snaps emerged of her in a Fifty Shades-style bondage film shot by Quentin Jones.

The flick, Tongue Tied, had been entered into the NYC Porn Film Festival. But after Miley's reps insisted: 'She didn't instigate this festival submission and isn't participating in any way,' it won't now be screened.



Bobby, put a sock on it!

Well, it's one way to get noticed... After the 'success' of his schlong thong, Bobby Cole Norris, 27, has gone a step further with the 'willykini'. This is one image we'll never be able to unsee!



Tragic accident

Four-year-old Mitzi killed in freak crash

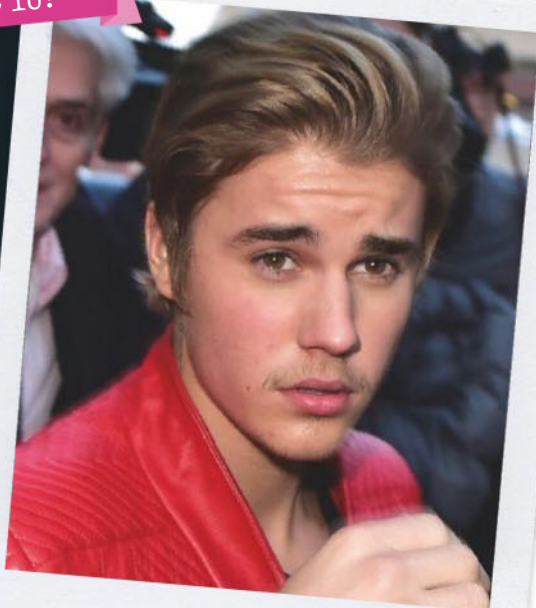
Family and friends last week mourned the tragic death of Mitzi Steady, who was among four victims killed by an out-of-control tipper truck as she walked hand-in-hand with her grandmother in Bath. In a statement issued through police, Mitzi's parents Emma, 41, and Andrew, 37, said their daughter would be 'loved and missed by us all'.



Can you Believe it?

JUSTIN'S LIMP EXCUSE

Justin Bieber, 20, has been ordered to do five days community labour after eggging his neighbour's house - but has already had to rearrange the days due to a 'football injury'. Hmm...



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Frozen faces

UMA DOES A RENEE!

And she isn't the only one...

Uma Thurman was barely recognisable at the premiere of her mini series *The Slap* in New York last week. With a smooth forehead, puffy face and tight smile, Uma, 44, looked very different to a snap from two weeks ago.

Dr Aamer Kahn of the Harley Street Skin Clinic says: 'Uma's face appears to have lost volume, but it looks like it's been corrected by Botox and fillers, especially in the cheeks and maybe her chin to make it look more chiselled.' Uma's make-up artist Troy Surratt said it was just make-up and Uma was 'experimenting'.

Fans compared her Renée Zellweger, 45, who looked totally different at an October awards do. Renée later denied surgery rumours.

But the trend's continuing. Catherine Zeta Jones, 45, looked very fresh-faced at the Golden Globes. She's always denied surgery, but Dr Kahn says: 'Her eyelids look less heavy, usually achieved by an upper eyelid lift. She looks as if she's had Botox around the eyes and forehead, as her brows look higher and more defined.'

Madonna, 56, also had a more youthful look at the Grammys. Dr Kahn says: 'She's lost that overstuffed look, but fluctuations in the fullness of her face may indicate temporary hyaluronic acid fillers, which wear off over three to six months. Her skin looks overstretched in the lower face, almost as if she's had a neck and lower facelift.' Madonna hasn't commented on surgery rumours.



UMA THURMAN

'HER FACE HAS LOST VOLUME'



MADONNA



RENEE ZELLWEGER



CATHERINE ZETA JONES



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PATTISON**
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**CHARLOTTE
CROSBY**
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Size 8

GEORDIE
BODY
WARS

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HAGAN**
9st 8lb
Size 8

From the outside they appear to be the best of friends, but behind the scenes, a fierce rivalry divides the *Geordie Shore* girls. The Northern lasses are entangled in a competition to see who can get the skinniest bod.

When the outrageous reality show arrived on our screens in 2011, it was refreshing to see such a carefree cast who weren't obsessed with weight loss. But when Vicky Pattison, 27, revealed her incredible slim-down in 2013, shifting five dress sizes and going from 11st 2lb down to 8st 10lb, it sparked a bitter battle for the perfect bod. It's every *Geordie* for themselves in these 'slim' stakes.

THE SKINNIEST OF THEM ALL

Stepping out with Holly Hagan and Charlotte Crosby at Christmas 2013, Vicky

showed off her incredible new size 6 body – and it was those snaps that would motivate Holly and Charlotte to start their race for a six-pack. Reflecting on that night, Vicky says: 'We had a Christmas night out and they argued about who'd stand next to me in the pap pics. In the end Charlotte got the short straw.'

Desperate not to be left in the shadow of Vicky's dramatic weight loss, Holly, 22, followed suit, undergoing a major body transformation by dropping 2st 6lb last year and working off an extra 6lb at military-style No 1 Boot Camp in Norfolk recently. Holly's dropped from 12st 6lb down to 9st 8lb – but that isn't enough, as she continues to compare herself to Vicky.

After the Christmas photo, Holly said: 'Vicky looks incredible – beyond incredible, in fact – and stood next to her it's clear we both look different. I do work hard to maintain my body as I work with a personal trainer two to three times a week and we train really hard together. But even if I worked out every day, I could never achieve a body shape like Vicky's.'

'MY THONG WAS ABOUT TO SNAP'

Meanwhile Charlotte, 24 – who, at 11st 7lb, had been refreshingly unbothered about her size on the show – unveiled her new sleek physique at the start of the year, having dropped to a tiny 8st 5lb. She also launched her Charlotte's 3 Minute Belly Blitz, which beat Vicky's 7 Day Slim to become the fastest-selling fitness DVD in UK history.

'The defining moment was when I was at a lingerie shoot and I felt like the thong was about to snap,' Charlotte admits.

'I was spilling out of the sides and my back fat was hanging over the bra. I was meant to be doing this sexy shoot and

I felt disgusting. I was covering my body, huddled in a little ball, crying.'

So it's no surprise she's over the moon about her fab new figure. A source tells *Now*: 'Charlotte loves her toned body – after all, she's earned it. She loves posing in sexy selfies to show it off. She couldn't be happier about beating Vicky with the DVD, too. But she's terrified the weight could go back on because she knows how quickly she piled on the pounds.'

BITTER RIVALS

Laughing off rumours of a rivalry, Vicky says: 'I wish the girls every success. I'm just petrified they're all going to get skinnier and better-looking than me!' But what seemed like well wishes could have more meaning behind it. Fellow *Geordie Shore* star Marnie Simpson, 23, exclusively tells

TURN FOR MORE ➡



Charlotte
dropped from
a size 16 to an 8
in six months



Vicky credits
daily workouts
for her dramatic
weight loss



Holly's gone
from a size 16-8
since last May

Now 25

The girls
go head
to head
in the slim
stakes



"My bedroom's
my backstage.
Life's my
runway."



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GEORDIE GIRLS: THE OFF-SCREEN BATTLE

And the winner of the race towards skinniest selfie is...

Now about the skinny-off between the girls. She reveals: 'The only person we're all competitive with is Vicky. She just seems a bit off with us all. Since she's left Geordie Shore, she doesn't seem to be happy for our success. None of us knows why. She accused Charlotte of copying her career but that's ridiculous.'

Vicky left the show last October after nine series. Afterwards she said: 'They're all a lot younger and act like a pack of idiots. It's like being in the house with a bunch of twats. I love them when I'm outside the house but living with them is unbearable.'

THE SIZE O CHALLENGE

Behavioural expert Judi James explains the reasons for the rivalry between the Geordie girls. 'Once you get into a race to lose weight, it becomes something that can undermine your confidence. So sadly what starts as something they're all quite enjoying will be quite demeaning and aggressively competitive. It also links with power and status in the case of female celebrities. It's like fighting to show who's the most powerful celebrity.'

'With the Geordie Shore girls, the values were always: "We drink as much as we want, we just have fun and we don't care about being a few pounds overweight - and we're still attractive." It was refreshing in so far as they didn't seem to be like the TOWIE girls. As long as they were all doing that, it held firm. But it only took one to break rank and submit to the size 0 culture. Then the pressure goes on to the others.'

Even Marnie's felt the pressure to slim down. She recently unveiled a toned new image after losing 1st 3lb in just four weeks, dropping to 8st 7lb. She put it down to eating a healthy diet, doing lots of exercise and taking Forza's Multivitamin for Dieters.

'I can't wait to show off my new body to Charlotte and Holly,' she says. 'I've proved they're not the only Geordie Shore lasses who can turn things around. Hopefully there won't be any more jibes about my size. Viewers will be able to see that I've got a great body just like Charlotte and Holly.'

TURN FOR MORE ON MARNIE ➡➡



WEIGHT LOSS
3st 2lb



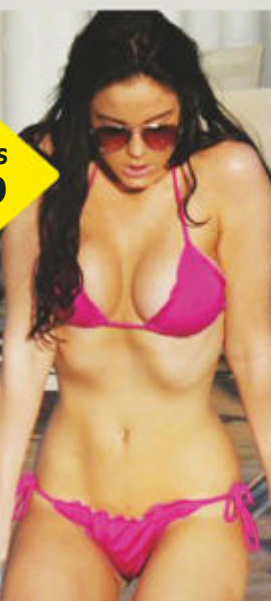
CHARLOTTE CROSBY

SHE SAYS 'I'm determined to get abs.'

ENDORSEMENTS Her DVD sold more than 40k, she was the winner of *Celebrity Big Brother* in 2013 and she had her own spin-off show with TLC, *The Charlotte Crosby Experience*.
TWITTER FOLLOWERS 2.16m



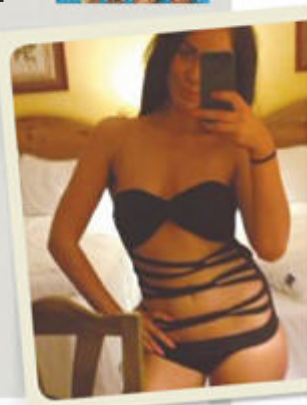
WEIGHT LOSS
2st 6lb



VICKY PATTISON

SHE SAYS 'I gave them advice and we trained together.'

ENDORSEMENTS Her DVD reached No 1 in the fitness charts but was outsold by Charlotte's. She also has an autobiography *Nothing But The Truth* (Sphere, £14.99).
TWITTER FOLLOWERS 1.49m



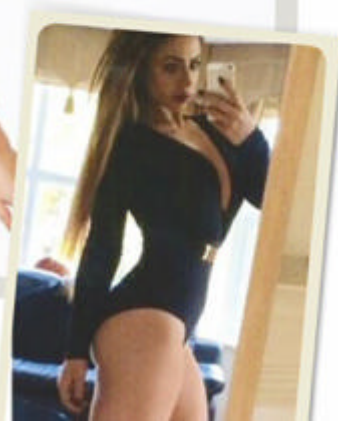
WEIGHT LOSS
2st 12lb



HOLLY HAGAN

SHE SAYS Carrots before carbs.

ENDORSEMENTS She's affiliated with Easilocks hair extensions and has an online fashion range with *The Fashion Bible* called *Yours Faithfully*.
TWITTER FOLLOWERS 1.34m



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Rachel



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NEW
COUPLE
ALERT!

Marnie:

'I'M FOLLOWING
MY HEART
WITH RICKY'The Geordie
Shore star on
her new beau

We've seen a lot of Geordie Shore's Marnie Simpson

recently, hanging off the arm of Essex's most eligible bachelor Ricky Rayment. The pair have been inseparable since hooking up at the NTAs in January and Marnie, 23, admits she's been 'swept off her feet' by the 24-year-old TOWIE star. We caught up with her to find out what they've been up to, how she feels about his ex Jess Wright, 29, and if she'd ever consider joining the show Ricky's famous for...

How's it going with Ricky?

I feel super-famous recently! I'm in love. He's so lovely, such a gentleman, and obviously I'm not used to that because Newcastle boys aren't like that.

Did you fancy him for a while?

I've never actually seen him on TOWIE. I don't know what's gone on with him and his ex.

Do you think things are moving a bit fast between you?

It is a little bit scary, but I'm going to follow my heart. If it all goes wrong, I'll look like a tit!

Is it nice dating another TV star?

Yeah, in a way. My ex Dan [Sloane, 24] wasn't in the public eye at all. That was always tough because he didn't understand the things I do, that it's my job. It's a bit easier with Ricky because we're in the same industry.

Did you set out to get a famous boyfriend?

Not at all. I went to the NTAs at the last minute. I never leave Newcastle – I'm such

a home girl – so it was big for me to be on the red carpet in London.

What about Ricky's ex Jess – has he talked about her at all?

No, and I wouldn't want to ask him about it. I know it was a serious thing for him, so I don't want to push him. But from what I've heard she's a really nice girl and I would never, ever want to disrespect or hurt her.

Would you get in touch with her?

To be honest, I don't think either me or Jess would reach out to one another. That's a bit unnecessary. But I hope there

are no hard feelings because that's the last thing I want.

The TOWIE girls can be quite tight – are you worried about upsetting them?

I'm not worried because I haven't done anything wrong. I've met a single boy and I'm having fun.

Would you ever join TOWIE?

Absolutely not. Are you joking? They'd eat me up and spit me out. No, I'm not cut out for TOWIE. We're chalk and cheese.

Would you be scared of them?

Definitely. They're pretty scary!

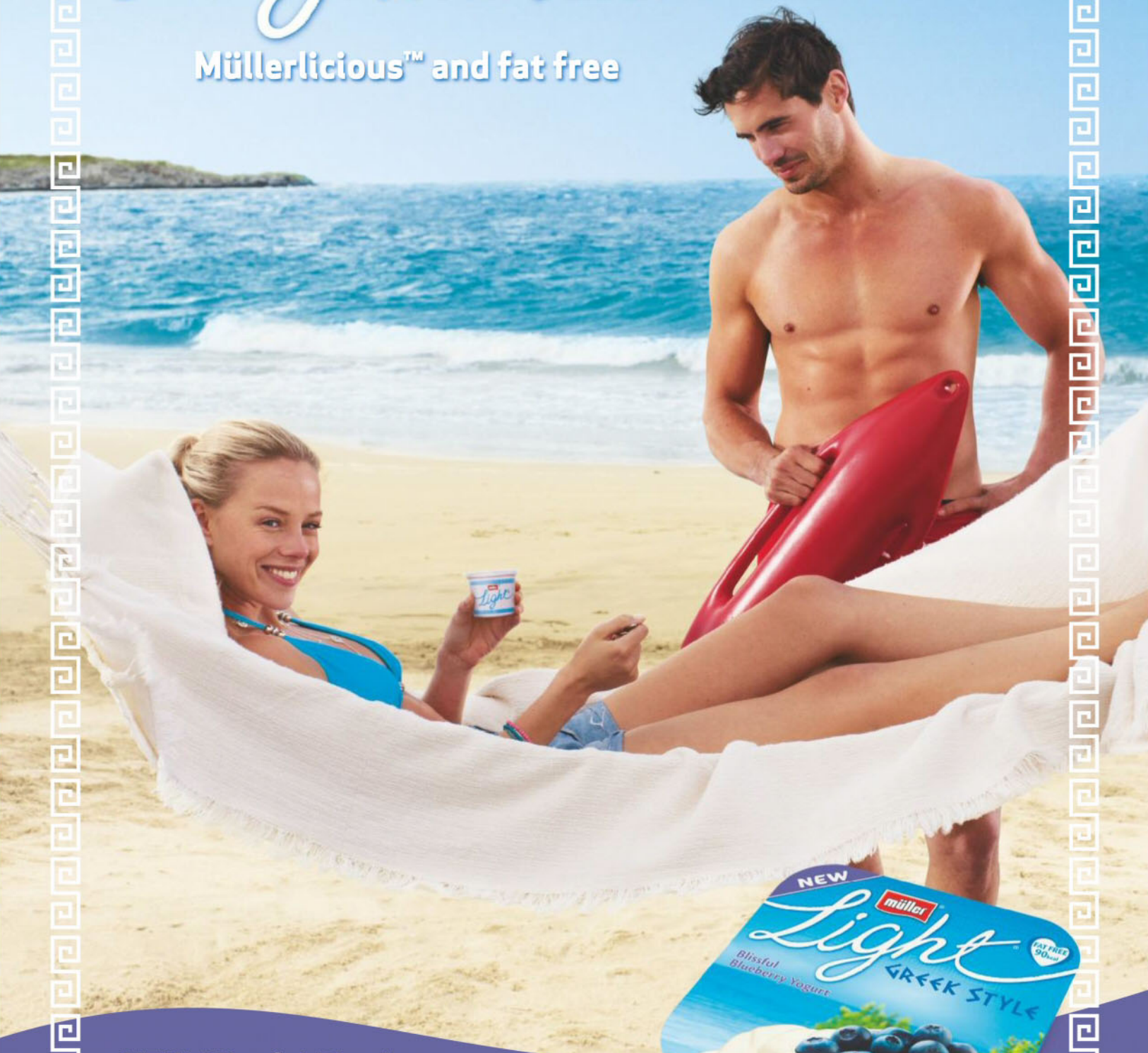
Ricky and
Marnie tash onMarnie with
Charlotte Crosby,
Gaz Beadle and
Holly Hagan

Words: Stephen Leng. Photos: WENN, Flynet

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Exact Match

Stars love high street too... Here's how to shop it up just like a celeb



LILAH IN YUMI

The weather may be dark and gloomy but Lilah Parsons shines in this brightly patterned frock.

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YUMI



£55
OASIS

SAM IN OASIS

Ms Faiers looks ready to flutter out of the cold and into spring with this bomber and clutch.



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OASIS

Words and styling: Sarah Bradbury. Photos: Anna Sandut, Getty, Xposure



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ROCHELLE IN VERY & TK MAXX

Mrs Humes pops on a pastel coat over her Red Nose Day chari-T for a look that'll take her through to summer.

RED NOSE DAY
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ROSIE IN GOLDIE

Looking as gorgeous as ever, Made In Chelsea's Rosie Fortescue flashes her pins in this flirty floral smock dress.



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in black bean sauce, Singapore noodles,
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Rebecca Ferguson

'I'll look for a date on Tinder!'

The singer opens up about her children, heartbreak and learning to love herself

It's five years since Rebecca Ferguson, 28, came second on *The X Factor* and she's about to release her third album, a reinterpretation of Billie Holiday's *Lady Sings The Blues*. But Rebecca's had more than her fair share of heartache of late. The father of her daughter Arabella, four months, left her while she was pregnant, confessing he had another girlfriend, and on 9 April her 'rock' Karl Dures, 29 – dad to her eldest children Lillie May, 10, and Karl Jr, eight – faces trial for possession of mephedrone

with intent to supply. But Rebecca's made of strong stuff...

Hi, Rebecca – are you happy to be back?

Definitely. I'm so ready! I'm usually quite humble about my music and I don't play it at home, but my family all heard it over Christmas and loved it. I worked so hard on it and I'm happy.

You had a tough 2014 – how are you now?

I'm in a good place. Everything happens for a reason. It set me up for what I needed to learn – like how to love myself more and put

my needs first. I'm the biggest worrier and always trying to help everyone, but I need to look after me a bit more.

How are things now with Arabella's dad?

There are no hard feelings. I could be negative and bitter, but it won't get me anywhere. Life's too short and I can't change the past, so I wish him and his partner well.

Are you in contact?

Not at all. We both decided that's best.

Is your ex Karl a hands-on dad?

He's an amazing dad and he adores the kids – even Arabella, who he's taken on as his own. I'm lucky.

Would you get back together?

I'd never say never. But for now the focus is my kids, career and album. I don't want to jump into love with anyone yet. I've been in relationships since I was 17 – this is the longest I've been single for.

I'm enjoying getting to know me, being the best mum I can be and pushing myself. Love will happen.

Would you ever go on Tinder?

I'd like to see how many swipes I get! I'll do it one day with the girls after a few drinks.

Did you diet after giving birth?

When I had Lillie May and Karl I was focused on losing weight straight away because I was young, but I don't care as much now. Breast-feeding has made the weight fall off anyway. I've been going to the gym a bit. I'm juicing and eating healthily, but not denying myself anything.

Is it easier third time around?

I was 19 when I had Karl and it's totally different. I'm much more relaxed now – that just happens with age. Lillie May helps me when I bathe Arabella and stuff. They're really good kids.

Rebecca's album Lady Sings The Blues is out on 9 March



Rebecca with Karl and their children Karl Jr and Lillie May



Proud mum with baby daughter Arabella

To celebrate all things lurve, Lydia, James, Georgia, Mario, Ferne and Elliott give us all the goss in and out of the bedroom

The cast of *The Only Way Is Essex* are used to baring their lives on camera, but what happened when we asked them to shed their clothes to channel Christian Grey and Anastasia Steele? X-rated interviews and a lot of skin, that's what!

To celebrate the release of the *Fifty Shades Of Grey* film and the return of *TOWIE*, some of our favourite members of the Essex gang – Lydia Bright, 25, James Lock, 27, Georgia Kousoulou, 23, Mario Falcone, 27, Ferne McCann, 24, and Elliott Wright, 34 – stripped down and 'fessed up about love, kinky sex and what we can expect from the new series...

FIFTY SHAD OF TOWIE

Another
Now
Exclusive

ELLIOTT WRIGHT 'Chloe wasn't serious enough for me'

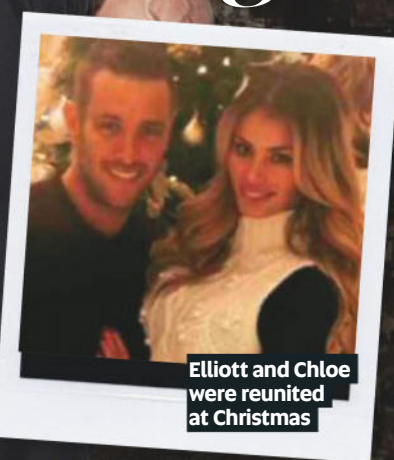
Elliott, you can't seem to keep your top on today!
I've been hitting the gym twice a day because I'm single and bored. I've got all that testosterone to burn off!

What's going on with you and Chloe Sims?

We had a lovely time at Christmas and I don't regret getting back with her. We have great chemistry. But for me a relationship has to be serious and I don't think Chloe's up for being serious, so I ended it. She sleeps with her daughter in her bed Monday to Friday. I didn't get what I wanted from the relationship, so there was no point wasting our time.

Have you spoken since the split?

We didn't see each other for three weeks, then we ran into each other at the NTAs and had a row. We both know it's not working, but we're not quite



Elliott and Chloe were reunited at Christmas

ready to let each other go.

Are you worried about clashing with anyone this series?

I get on with most of them. Mario wound me up last year – but now he's got a girlfriend, hopefully he won't be texting other people's.

How's Arg doing?

He's a changed man. He's in the gym and running. He got in a pickle, but got himself out of it. He always asks me if he looks good and whether it'll impress Lydia! He's besotted with her.

TURN FOR MORE ➡

ES TIE



Mario with his girlfriend Emma

I'LL BE
TIED TO
THE BED
FOR EMMA'

MARIO FALCONE

'I'm ready to settle down'

How's it going with your girlfriend Emma McVey?

I don't want to jinx it, but it's going great. She gets on well with my family, which is important to me. She's not involved in the show and has no aspirations to be on it, which helps. She might pop up as a cameo, but not a regular.

Is she 'the one'?

I hope so. She came for Christmas with my family, I met her family on Boxing Day, we went on holiday last month and we've been together every day for four weeks. I only left her four hours ago and we've spoken five times since. We haven't argued once.

The other day, after watching the film *White House Down*, we started play fighting with unloaded BB guns I have at home! I find it hard to trust someone fully and I think that's where I've gone wrong in the past.

So you won't cheat on her?

Listen, I cheated on one girl and she cheated on me first. I'm portrayed as this player but, well, I can't complain. My mistakes made me the boyfriend I am today. I'm ready to settle down now. I'm treating Emma perfectly.

But at the end of the last series Jess Wright, Lauren Pope and Chloe Sims all said you'd been texting them...

Jess claimed I tried it on with her. It's funny how that surfaced when she and Ricky [Rayment] were breaking up and me and him were hanging out. It hadn't been spoken about before. It's all rubbish. Chloe and I were friends, but maybe my messages were misconstrued. As for Lauren, I was lonely one evening and I texted her. I was single, so what's the problem? I haven't spoken to them since and I probably won't again. Chloe isn't the sort of person I want as my friend.

Are you going to see *Fifty Shades*?

No, I don't need my sex life spicing up. I'll be tied to the bed, ready for when Emma gets home!



FERNE McCANN

'The books spiced up my sex life!'

Are you enjoying our Fifty Shades-inspired shoot? I'm so excited. I felt a massive connection with the books and cannot wait to see the film. Jamie Dornan's so hot.

Does Charlie [Sims] know what a fan you are?

I read the first book on holiday and he commented on how much more sex we were having! Fifty Shades made it less of a taboo to be more adventurous with your boyfriend. It's a positive thing.

Are you worried that Charlie returning this series will rock your relationship?

No. We've been there, done that and are much stronger now.

What's in store this series?

There'll be a girl's holiday to Tenerife, so that's exciting. I want everyone to see how genuine my relationship with Charlie is. We'll be house hunting. I'm settled, happy and content. But let's see how long that lasts!

Who will you clash with?

Things will probably arise with Gemma Collins again. I bumped into her at the NTAs and we were friendly, but there are a few things I want to say to her. If we're going to be friends, I have to trust her.

You've argued with Chloe and Elliott before, too...

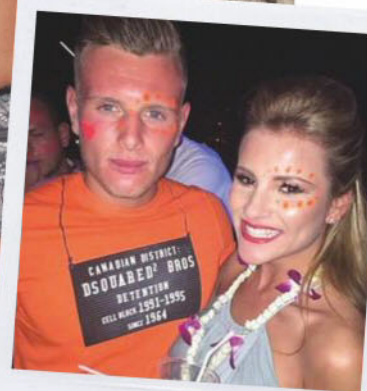
Chloe and I stopped talking a long time ago, but I'd love to be friends with her again. I've seen Elliott today and it's fine.

Are you worried new characters might steal the spotlight?

I like newbies – they bring life to the show. But there's only one Ferne McCann! I don't take any crap.



GEORGIA
KOUSOULOU



'Tommy & I will move in together'

How are things with you and Tommy [Mallett]? Really good.

I went to Thailand with my family on Boxing Day and he flew out the next day to surprise me. It was the best experience of my life. Tommy hates flying and it took two flights, a two-hour coach journey and a speedboat to get to where we were. He and my dad are best friends now. My family love him.

What's the plan for you guys?

Everyone thinks it's mad because we've only been together for six months. I knew him from my gym, but properly met him in Ibiza and we were together every night. We just clicked. We're inseparable. I wouldn't be

surprised if we moved in together this year.

Are you worried about him cheating, like every other bloke on TOWIE?

He wouldn't do it. He doesn't go out much now – he likes spending time with me. I'd never get back with someone who cheated. He knows that. We're so strong.

But there has to be drama from somewhere – where's yours going to be?

Of course. I can't stay out of it! But hopefully not between me and Tommy. If a problem comes I'll just deal with it. I actually hate rowing with people. I'd rather be friends with everyone, but that's not reality.

TURN FOR MORE ➤

'CHARLIE AND I ARE STRONGER NOW'





'ARG AND
I ARE JUST
GOOD
FRIENDS'

LYDIA BRIGHT

'I was the first person Arg texted when he went into rehab'

L ydia, are you looking forward to this series?

Yes. I loved coming back last year and had such a calm, easy series, so I hope it stays like that. Usually the reason for drama on *TOWIE* is when you're in a relationship. Although me and James ['Arg' Argent] had an on-off romance last series, it was quite steady and when we decided to cool things off it wasn't done in a horrible way at all. Towards the end of last year it

was quite hard for me, so going away with friends was exactly what I needed. James going into rehab was massive, then a friend sold stories about me.

Have you been in contact with Arg much recently?

We keep in contact, but we aren't in each other's lives constantly. I haven't spoken to him since I've been away, but he texted me on my birthday. We're just friends, but everything's good with us.

But you two are one of the show's biggest storylines!

I know. We have a love-hate relationship. We've been in each other's lives for six years and no matter what happens, we'll always be best friends. At the moment, I can't see beyond that. I don't even know if he'll be back this series, but I really hope he is. I always love doing scenes with Arg.

How did you find out he'd

gone into rehab last year?

He told me. I was one of the first people he texted.

What have you got planned for the new series?

I've been away from Essex, in Thailand for a month, so there's loads to catch up on. I'd like to have a Thai-style Full Moon party and tell everyone what I've been up to. I can't wait to do scenes with Ferne, Georgia and Jess, too.

So are you dating – and did you



do anything for Valentine's?

No. I've been single on Valentine's the last few years, but that's fine – my dad always gets me a card.

Aww, sweet. Have you read Fifty Shades Of Grey?

Yeah, but I didn't really get into it. I'll definitely see the film, though. Jamie Dornan's so beautiful, but too clean-cut for me. My type of guy would have tattoos and be quirky.

JAMES LOCK

I'm staying out of trouble'

Is there competition between the boys over who's fittest?

All of us want to look our best, but I think it's healthy to have competition. Dan [Osborne], Elliott and Mario are probably my best friends on the show. Elliott and I talk every day.

So how's everything with you and Danielle [Armstrong]?

We have our ups and downs. I annoy her sometimes, but at

the moment we're good. Moving in together is the next step, but I'm not ready for babies yet. Danielle and I went through a lot last year. I want to stay out of trouble this year and just be the best boyfriend I can be.

Who starts the most drama on the show?

Definitely the girls, then the boys get involved and we all fall out over stuff we don't give a shit about. I don't like confrontation,

but I'm not shy if I'm faced with it. Danielle's more than capable of looking after herself. People have been saying negative things to her recently. There's a bit of jealousy because she's doing well, but I don't need to get involved unless she asks me to.

Are you going to see Fifty Shades Of Grey?

I'll see it with Danielle. If the film is as good as the hype, then we're in for a treat, aren't we?



'WE'LL WATCH THE FIFTY SHADES FILM TOGETHER'

The Only Way Is Essex returns to ITV8e at 10pm on 22 February. Episode two is on at 10:20pm on 25 February



DAVID WALLIAMS

Little Britain shot him to stardom, but back in 2003 David played a fake East End registrar at Alfie and Kat's wedding.



OLLY MURS

Olly had long dreamt of a role in 'Enders, and in 2014 producers let him be thrown out of the Queen Vic in a spoof clip.

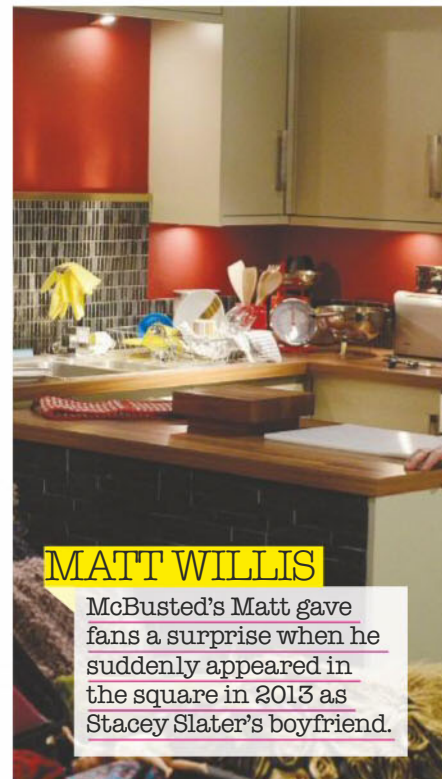
SURPR EAST

As we celebrate the soap's 30th, we unearth



AMANDA HOLDEN

Back in 1994 Amanda appeared in five episodes when she played a market trader – selling knickers. Ain't she cute!



MATT WILLIS

McBusted's Matt gave fans a surprise when he suddenly appeared in the square in 2013 as Stacey Slater's boyfriend.

EMMA BUNTON

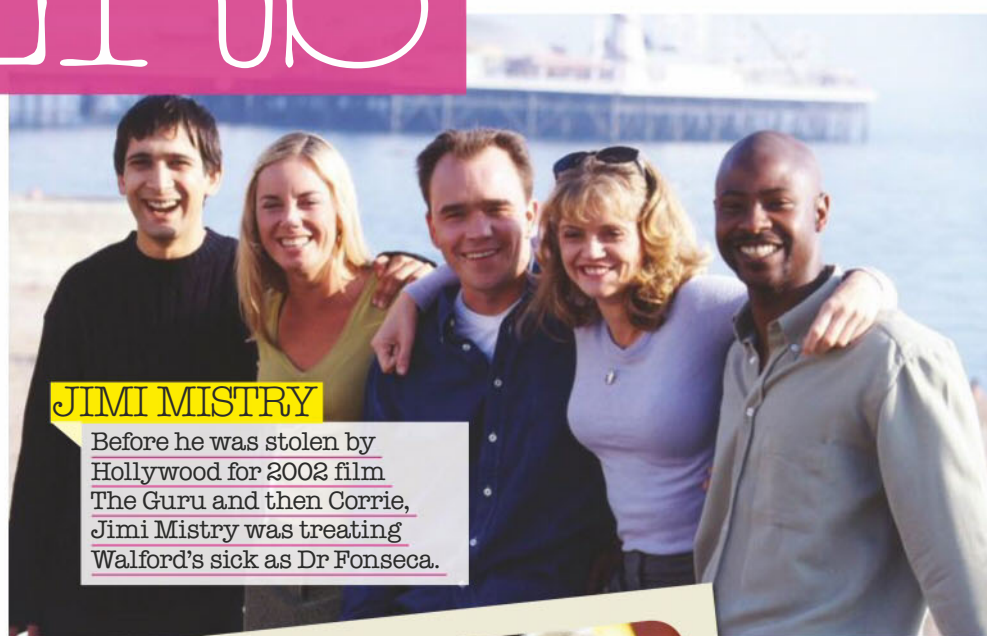
Emma hasn't always been as sweet as Baby Spice – in 1992 she lurked in the darkest corners of Albert Square to mug the loveable Jules Tavernier.

**NICK GRIMSHAW**

In 2013 Radio 1 DJ Nick attempted to appear in as many soaps as possible. He 'soapbombed' *Enders* as a very convincing bucket carrier.

EAST ENDERS

Walford's secret superstars

**JIMI MISTRY**

Before he was stolen by Hollywood for 2002 film *The Guru* and then *Corrie*, Jimi Mistry was treating Walford's sick as Dr Fonseca.

BORIS JOHNSON

As Mayor of London it's only right that Boris paid a visit to the Queen Vic to hang out with fellow blonde bombshell Peggy Mitchell.



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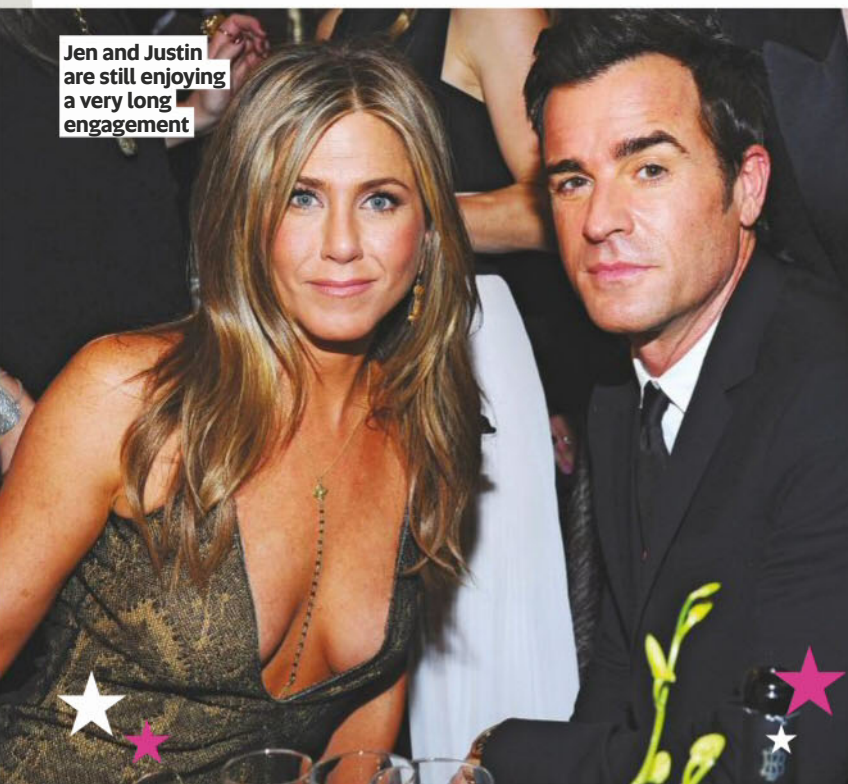
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Hollywood

The hottest news from over there is in here

Now

Jen and Justin are still enjoying a very long engagement



JEN'S DOLLAR DILEMMA

They've been engaged since 2012, but Jennifer Aniston and Justin Theroux have a few issues to sort out before they set a wedding date. US reports say the pair are still in negotiations over the final details of their £72 million prenup.

Since all 10 series of *Friends* became available

on Netflix, Jen has apparently yet to decide whether her future hubby should receive a cut of the royalties. As Jen, 46 – worth an estimated £98 million – is significantly wealthier than Justin, 43, – who has a mere £13 million to his name – we reckon she should protect her fortune!

SCRIMPER SIMPSON

She may have a fortune of £98 million, but Jessica Simpson is still a seriously savvy shopper. According to US reports, the 34-year-old businesswoman is a big fan of coupons and hates going shopping without a set of vouchers.

Jess reportedly also buys unbranded food and toiletries and has even tried to get hubby Eric Johnson, 35, on board to help her save the pennies. When it comes to gift-giving, she maintains her frugal mentality and supposedly likes to give friends items from her own fashion line. Jeez, Jess, if we had your money we'd be splashing the cash big-time!



Jess loves a good BOGOF!



Loved-up Miley's junk food binges

Even celebs can't avoid the 'I'm in love!' happy pounds. Miley Cyrus, 22, and boyfriend Patrick Schwarzenegger, 21, have reportedly put on 10lb each, due to junk-food binges.

The happy couple love to lounge around in the evenings and eat pizza, burgers and Oreos. Not that we can see any sign of it in these pics of the loved-up couple on hols in Hawaii.

TURN FOR MORE ➔



*“Want to enjoy
one of these delicious
oven-baked treats?
Sorry, but they’re
just for dogs!”*

©Reg. Trademark of Société des Produits Nestlé S.A.



The relationship between you and your dog is one-of-a-kind. And what better than an oven-baked treat, made of wholesome ingredients, to show him just how much you love him.

PURINA® DeliBakie®. From the oven, from the heart!

PURINA
Your Pet, Our Passion.®

MARIAH'S EX-NANNY SPILLS ALL

There's more drama in store for diva Mariah Carey. It's been revealed that she and her ex-hubby Nick Cannon are being sued for 'unspecified damages' by their former nanny Simonette Da Costa.

During the four months she cared for Mariah and Nick's twins Moroccan and Monroe, three, Simonette claims she worked 100-hour weeks with barely any meal or sleep breaks and was expected to be on duty 24/7. She also alleges Mariah, 45, and Nick, 34, sacked her last January for 'showing too much affection for their children'.

It's not the first time feisty Mariah's



Mariah with twins Moroccan and Monroe

dumped a nanny. 'I hate doing it, but I have to if they try to make themselves more important in the babies' mind than me,' she's revealed.

Mariah's spokespeople refused to comment on the lawsuit.

THE OSCARS BY NUMBERS

It's time to get your glad rags on for the most glamorous night of the year – this weekend marks the 87th Academy Awards, where the

1,700 bottles of very fancy Piper-Heidsieck champers will be popped.

375

chefs will prepare 30 different dishes. Nom.

5,000 is the length in feet of the Oscars' infamous red carpet. That's one and a half football pitches, FYI.

16,000

plates of delicious food will be served up to guests, from chicken pot pies to caviar.

diamonds, designers and A-list crème-de-la-crème come out to play. And there's no cutting any corners, as these figures show...



£13 MILLION

is the incredible cost of Titanic star Gloria Stuart's 15-carat blue diamond necklace the priciest piece of jewellery ever worn to the Oscars, back in 1998.

10,000

flowers will be decorating 150 tables. Imagine the scent!

TURN THE PAGE FOR OUR FAVE OSCARS MOMENTS

5 Second Stories



Ed goes Gaga at the Grammys

Ed Sheeran, 24, and Lady Gaga, 28, had a laugh at claims she mistook him for a waiter at the Grammys. Ed posted this selfie of them on Instagram, joking: 'Just bumped into Gaga: she's fetching me a drink. God bless the press.' Go, Ed!

Bruce is top tipper

Bruce Willis, 59, is renowned as one of the best celebrity tippers. A US magazine reveals he's never let go of his humble roots and tips well, as he remembers the days when he had to work as a waiter to support himself.





J-Lo's flash pad

Jennifer Lopez, 45, has forked out £11 million on a new Californian mansion with nine bedrooms, an outdoor pool, a 20-seat theatre, dance studio and a recording studio. Wowzer!

Words: Lucy Gornall. Photos: PA Photos, Shutterstock, Splash, Alpha, Capital, Rex

Oscars

Ellen's all-star selfie, 2014

Host Ellen DeGeneres brought some down-to-earth humour to the proceedings by snapping a selfie with the world's biggest movie stars.

THE OSCAR MOMENTS MOST GO DOWN

Gwyneth's blubbing breakdown, 1999

Ask anyone under 35 to name an Oscars moment and they're most likely to cite Gwyneth Paltrow crying like a baby after winning for *Shakespeare In Love*.

It's the biggest awards ceremony of all and A-listers put weeks of preparation into dazzling on the red carpet. As the 85th Oscars approach, we pick our favourite bits ever

OSCARS' GOLDEN MOMENTS



Beyoncé's wardrobe malfunction, 2009

A sight to behold, Beyoncé dancing with host Hugh Jackman. But then her nipple popped out and it all went a bit Janet Jackson at the Super Bowl.



Cuba's winning celebration, 1997

To say he was happy to win for Jerry Maguire is an understatement – Cuba Gooding Jr jumped up and down like a toddler who's just filled his first potty.



Ben Stiller does Avatar, 2010

The host with the most arrives in blue.

Adrien's smooch with Halle, 2008

Thinking woman's crumpet Adrien Brody swept Halle Berry up in a classic Hollywood-style clinch and planted a six-second kiss on her after winning Best Actor for The Pianist. Swoon!



Loser Sandra wins, 2010

Sandra Bullock won Best Actress at the Oscars for The Blind Side only 24 hours after scooping Worst Actress for All About Steve at the Razzies, the ceremony that celebrates the worst cinema has to offer.

How's that for a quick comeback?

TURN FOR MORE ➡



Oscars

Miley in clothes, 2009

Finally, the mystery is solved as to why Miley Cyrus is allergic to wearing anything but her bra and pants. When she does get dressed, she doesn't know when to stop! There are so many ruffles on this get-up, even a toilet-roll-holder doll would think twice about it.

Jack perves over J-Law, 2013

The man has a reputation to maintain as a Hollywood lothario, so who can blame Jack Nicholson for having a

gawp at Jennifer Lawrence? Not her – she revealed he sent her flowers and a bottle of Cristal after his eye feast.



GMA'S OSCAR PARTY WITH THE STARS

LEADING LADIES STEAL THE NIGHT

LAWRENCE AND HATHAWAY SHINE

Neil does Broadway, 2010

Neil Patrick Harris – you'll probably know him best as Barney from US sitcom *How I Met Your Mother* – stole the show when he performed a lavish Broadway-style musical number.



'Daffleck' win, 1997

BFFs Matt Damon and Ben Affleck won a Best Original Screenplay Oscar for *Good Will Hunting* when they were twentysomethings. They'd written a very mature script, but the pair were like a pair of overjoyed schoolboys when they took to the stage to pick up their award. Cute!



Tom 'outs' his teacher, 1994

Tom Hanks picked up the Best Actor Oscar for *Philadelphia* and in his rush to show his support for gay rights, accidentally outed his high-school teacher. The slip inspired the 1997 comedy film *In & Out*.





Chris breaks the Law, 2005

Chris Rock mocked Jude Law for seeming to be in every film released in the previous year. 'If you want Tom Cruise and all you can get is Jude Law, wait!' said Chris. Sean Penn later told him off. Ooooh!



THE OSCARS' MOST GOLDEN MOMENTS

Hilary forgets her husband, 2000

It's customary to thank family and friends, but Hilary Swank forgot one vital person – her hubby Chad Lowe. Oops. The pair split six years later.



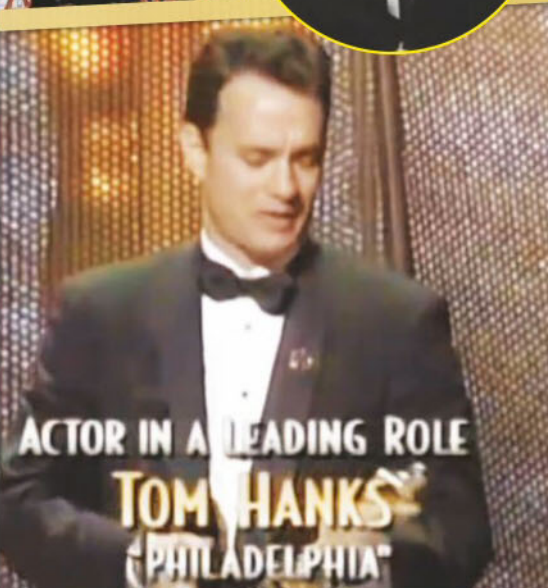
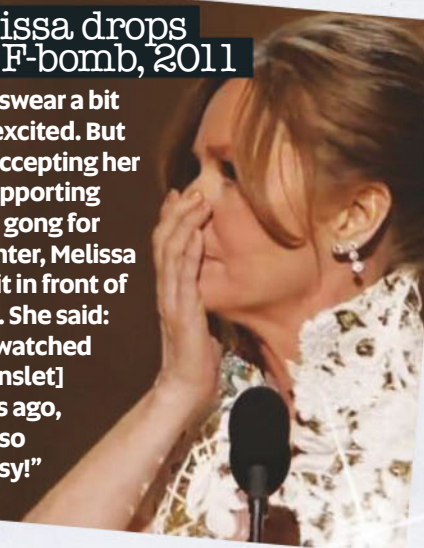
Cannibal Billy, 1992

Host Billy Crystal dressed as Hannibal Lecter from *The Silence Of The Lambs* to greet Anthony Hopkins, who won an Oscar for playing Hannibal The Cannibal. Scary!



Melissa drops the F-bomb, 2011

We all swear a bit when excited. But while accepting her Best Supporting Actress gong for *The Fighter*, Melissa Leo did it in front of millions. She said: 'When I watched Kate [Winslet] two years ago, it looked so f****ing easy!'



Ellen ordering pizza, 2014

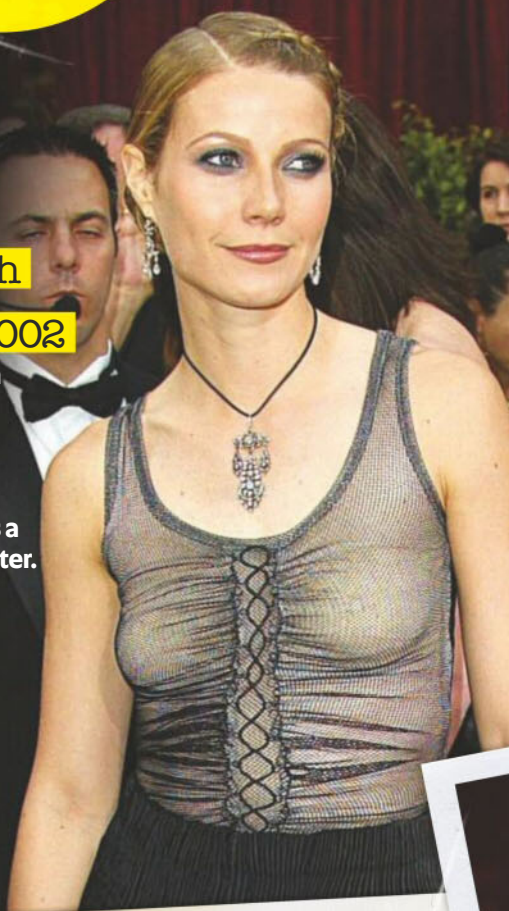
Could we love this woman any more? Topping (sorry) her selfie stunt, host Ellen DeGeneres ordered a pizza delivery during the show.



Oscars

Gwyneth boobs again, 2002

Poor Gwyneth Paltrow – if it isn't an acceptance speech meltdown, it's a sartorial disaster. Her Gothic lace number achieved the impossible and made her perky boobs look like a couple of saggy spaniel's ears.



Hugh hoofs about, 2009

Hosting what he called the 'recession Oscars', host Hugh Jackman managed to get away with an opening routine that spoofed all the nominees, complete with deliberately bad cardboard sets.



Heath's posthumous win, 2009

Everyone shed a tear when the late Heath Ledger's family gave a beautiful speech to honour him as they accepted his Oscar for playing The Joker in The Dark Knight.



Angelina snogs her brother (sort of), 2000

In the year she won an Oscar for Girl, Interrupted, Angelina Jolie sent the world's bottom jaw to the floor when she kissed her brother James Haven on the lips (THE LIPS!) on the red carpet.



South Park in drag, 2000

South Park wind-ups Trey Parker and Matt Stone arrived in drag, wearing frocks a lot like those previously worn by Gwyneth Paltrow and Jennifer Lopez.



Jennifer's trip, 2006

Usually the embodiment of elegance and grace, Jennifer Garner almost took a tumble when she tripped on her dress. But she styled it out beautifully, declaring: 'I do all my own stunts!' Class.





Adele opts for burgers, 2013

Adele proved she still has the common touch by sneaking out to the In-N-Out burger joint for something to eat after the show, even though everyone wanted a piece of her, following her Skyfall win.



THE OSCARS' MOST GOLDEN MOMENTS



Seth's We Saw Your Boobs song, 2013

What was the Academy thinking when it invited naughty Family Guy creator Seth McFarlane to host the show? He hit an epic fail with his song We Saw Your Boobs – all about lots of actresses in the room who'd stripped off on film.



Samuel swears, 1995

There was no poker face for Pulp Fiction star Samuel L Jackson when he lost out to Martin Landau for Best Supporting Actor. Instead, he mouthed: 'Aw, shit!' Very fitting for his Pulp Fiction character.



Cher's 'WTF?' outfit, 1986

The veteran singer/actress (almost) wore this get-up at the 58th Oscars ceremony, looking like some sort of pornified Disney villainess. Beat that, Lady Gaga!

A vibrant, high-angle photograph of two women relaxing on a wooden pool deck. The woman on the left, with long brown hair, is wearing a gold sequined dress and purple high-heeled shoes, smiling and looking towards the right. The woman on the right, with curly brown hair, is wearing a black top and a gold watch, laughing with her mouth open and holding a can of Diet Coke. The background shows a clear blue pool and a textured, light-colored wall. The overall mood is joyful and carefree.

Regret Nothing.
no sugar, no calories

Diet
COKE

21 pages of fashion & beauty start here!

InstaGlam

THIS WEEK'S LUST-HAVE



STYLE DIRECTOR'S TOP PICK

£5.99
LOTTIE NAIL
LACQUER IN
DAY DREAMER



LIL' SIS
Meet Lottie, younger sister of gorge nail brand Ciaté. This new range of bargainous beauty tools lands at a Superdrug near you this week.

HEY HEMA

Stop what you're doing and get your hiney to HEMA for the cutest and kitschest treats Now ever did see. It's even made novelty Post-its and so-funny sponges cool.

75p
HEMA



POP STAR

Katy Perry's new mega-LOLz collection for Claire's catapults into stores this week and it defo puts the fun back into fashion. Feast your eyes on burger bags, pizza slice iPhone covers and - Now's favourites - this popcorn power couple. Yes, KP!



PHONE CASE **£10** RING **£8**
BOTH CLAIRE'S
POPCORN HOLDER **£1.95**
DOTCOMGIFTSHOP.COM

£10
URBAN DECAY
MASCARA
RESURRECTION



LASH REBOOT

Ever needed to top up your mascara for a night out? Here's the answer: this clear serum softens and refreshes lashes, leaving them primed for reapplication. Basically it's a must for mascara fanatics and anyone who works and plays hard.

£18.50 EACH
BOBBI BROWN
SHEER COLOR
LIP GLOSS IN
ALMOST PEACH,
ALMOST PINK &
ALMOST NUDE



GET NEKKID

Join the barely there brigade with Bobbi Brown's 'ooh' new lip glosses. The high-shine formula delivers a sultry sheen, perfect for those looking to treat themselves to an effortlessly chic A-list poutage à la Diane minus the lairiness of a cooee-look-at-me red lip.

DIANE
KRUGER



HER STYLE

The Only Way Is **Ferne McCann**, AKA the fash-dawg we're hearting this week



£19.50
NARS LIP GLOSS
IN SIXTIES FAN

£41
GEMPORIA.
COM



£65
WALLIS

IT'S A WRAP

We're loving Ferne's wear-anywhere Zara skirt. Dressed up or dressed down, it's a wardrobe essential.



£12
ACCESSORIZE



£12
TOPSHOP

£59.99
ZARA

EXACT
MATCH



£85
DUNE

JUST PEACHY

Ferne ditches the dress in favour of a chic jumpsuit for a red (er, pink) carpet appearance.

£30
ASOS.
COM



YOUR WAY

WILD THING

Ferne blatantly got dressed while listening to Katy Perry's Roar. Nowt gets past us, McCann!



£45
MISS
SELFREDGE



£28
MARKS &
SPENCER



£69
HOUSE OF
FRASER

FEELIN' BLUE

Give monochrome a pop of colour with a pair of wowzer trousers.



£28
DOROTHY
PERKINS



£49
RARE
LONDON

£45
MONSOON

EXACT MATCH



£16.99
GETTHE
LABEL.COM

EXACT MATCH



£78
TOPSHOP

#WH TREN NO

Primark says: 'This jumpsuit has had fashion editors going crazy - it's set to be a big hit!'

The one-piece

If there's one item you need in your new wardrobe, it's this #BlackIsBack



£25
F&F AT TESCO

Very tells us:
'The buzz around these has been huge - the samples have been called in constantly for photo shoots.'

On sale end of March and on the Now style team's wish list



£60
LAUREN POPE FOR
INTHESTYLE.COM



£25
VERY.CO.UK

£17
PRIMARK



FASHION TRENDS 2019

Meet the most stylish items being bought and buzzed about right this second!

The colour

Raise your stock with lavender pieces. According to ASOS, lilac tones are: 'Sell, sell, selling!'



£10
ALLUSIONS
AT BHS

♥ Style Content Director's pick

STYLE UP YOUR
JUMPSUIT
WITH THESE
SURE-TO-
SELL-OUT
BUYS

DO!
Copy HRH.
Yes, Queenie
— you got it!

DON'T!

Follow Rose McGowan! A homemade hat is a #FashionDoh



- 1 NECKLACE £8 GEORGE AT ASDA 2 SKIRT £45 SIMPLY BE 3 SHOES £24.99 NEW LOOK
4 JUMPER £10 GEORGE AT ASDA 5 JUMPSUIT £20 F&F AT TESCO 6 HAIR CLIP £4 ACCESSORIZE
7 SHORTS £13 PRIMARK 8 SHOES £49 FAITH AT DEBENHAMS 9 BAG £17.99 NEW LOOK

The accessories

Give your wardrobe some extra oomph with these Insta-worthy add-ons.

Designer doubles worth saving for!



£119
BODEN



£25
PHONE CASE,
HOUSE OF
HOLLAND AT
DEBENHAMS



£29
ACCESSORIZE

Miss Selfridge buyer Hannah McKay tells Now: 'This pom-pom necklace was one of the stars from our spring/summer press show. From editors to bloggers, it was top of everyone's shopping list.'

£8
PRIMARK



These shoes got over 12k <3's on New Look's Instagram!



£24.99
NEW LOOK

MAKE FACE



£29
THE WHITEPEPPER
AT ASOS.COM

£29.50
MARKS &
SPENCER

In store
March

£20
VERY.CO.UK

These heels are so versatile - I think they'll be a big hit!

£28
FEARNE
COTTON AT
VERY.CO.UK



Laura Whitmore loves her Lulu Guinness bag



£16.50
DIVA AT MISS
SELFREDGE

New Look:
'Everyone always
Instagrams our
backpacks'



£10
FREEDOM AT
TOPSHOP



Claire's says:
'People haven't
stopped Tweeting
and sharing this
since we did our
first sneak peek
back in November.'



£10
CLAIRE'S



£24.99 EACH
BAGS, NEW LOOK

The shape

After Sienna and Felicity wore this neckline on the red carpet, fashion brand Lavish Alice saw requests for its Bardot-style tops and frocks rocket.



£18
RIVER
ISLAND



£39
MISS
SELFREDGE



£14.99
NEW LOOK



£22
MISS
SELFREDGE



£48
LAVISH
ALICE



FELICITY
JONES



SIENNA
MILLER



£38
LAVISH
ALICE



£58
LAVISH
ALICE

Lavish Alice
tells Now: **'We**
think this is
the shape of
the season!'

The beauty

Cosmetics so coveted even the celebs can't wait to get their hands on them.

One of ASOS Fashion Finder's most popular items

Superdrug's out of stock, but this is still available at sleekmakeup.com.



So sought-after that thisisbeautymart.com has a constant waiting list for it!

I totes love Embryolisse moisturiser!

- 1 TOM FORD EYE COLOR QUAD IN GOLDEN MINK £63 SELFRIDGES 2 ANASTASIA BEVERLY HILLS BROW SCISSORS £16 NET-A-PORTER.COM 3 CAUDALIE BEAUTY ELIXIR £12 NET-A-PORTER.COM 4 NARS SEMI MATTE LIPSTICK IN SHANGHAI EXPRESS £20 5 SLEEK MAKEUP BLUSHER IN PIXIE PINK £4.49 6 MARY KAY SKINVIGORATE CLEANSING BRUSH £35 7 EOS LIP BALM IN STRAWBERRY SORBET £6.50 SELFRIDGES 8 LAURA MERCIER SHIMMER BLOC £32 9 EGYPTIAN MAGIC ALL PURPOSE SKIN CREAM £29 LIBERTY 10 ZOELLA BEAUTY FIZZ BAR £5 11 EMBRYOLISSE LAIT CRÈME CONCENTRÉ MOISTURISER £22 12 REAL TECHNIQUES BOLD METAL COLLECTION BRUSHES FROM £10 13 FAIRYDROPS PLATINUM MASCARA £18.50 14 T3 SINGLEPASS STRAIGHTENING & STYLING IRON £125 15 JAMES READ TANNING MITT £6

ROSIE FORTESCUE



MR HEAD IN

Attention outdoorsy types! These are the two key trends to make a beeline for this

SAFARI SO GOOD

Khaki is for classicists. Seen on the catwalks of Chanel, Ralph Lauren and Marc Jacobs, it looks as chic by the office water cooler as it would at the watering hole.

£32
DOROTHY PERKINS



£74
LAVISH ALICE



£25
PRIMARK



£22
LITTLEWOODS.COM



CHANEL



£16
F&F AT
TESCO



£40
OASIS



£65
MARKS &
SPENCER



ROSIE
HUNTINGTON-
WHITELEY

S A JUNGLE

season. Choose a side, then check out how to wear it in real life

TRIBAL PRINTS

Whether you're on holiday, at a festival, or just trying to cheer up the person next to you on the bus, **WOWEE PRINTS ARE BACK** (and worthy of the caps).



Bold is your NBF!



NICOLE RICHIE

NOW

feelgood fashion

AWARDS

Beauty Works.

Heart the till treats at Topshop? Is your sister the *best* sales assistant in the land? Do the New Look fitting rooms make you feel great? Time to tell us, with Now's first ever shopping awards

MICHELLE KEEGAN



TOP OF THE SHOPS

After lengthy discussions, heated debate and a LOT of secret squirrel shopping, Now's #FeelgoodFashion Awards panel has whittled down the top nominees for our first ever real girl's shopping awards. Here's how to have YOUR say...

Register your vote in our handy poll at nowmagazine.co.uk/feelgoodfashion and you could be the lucky **WINNER of an iPad mini**

and a goodie bag packed with beauty products worth over £250! And you could make your sales assistant sister super-famous, too, natch.

Meet the panel



Sally Eyden
Now Content Director



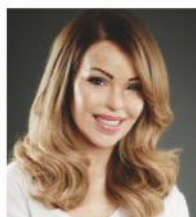
Gilly Ferguson
Style Content Director



Fleur De Force
Fashion blogger



Alison Hammond
TV presenter



Katie Piper
TV presenter



Penelope Cheshire
Managing Director
at Beauty Works

1 Best for plus sizes

Your body shape is totally unique to you, but which clothing brand's expertise equals a #feelgood range so well designed in fit and cut that it may as well have been created just for you? Oh, and leaves you looking fash, too?

Evans

Yours Clothing

Next

2 Best for discounts

These smart brands know how to cater for us FOMO fashion addicts across all their social platforms. Say hello to the flash sale, as spotted on a feed near you – it shares online promo codes, one-off deals or even freebies for 24hrs max.

Missguided

Boohoo

George at Asda

3 Best fitting rooms

Dream mirrors, acres of space, 'real-life' lighting, handy bells... iPads!? How do *your* favourite store's changing rooms measure up?

New Look

Simply Be

Oasis

Team Now road test Simply Be's fitting rooms





CARA DELEVINGNE
FOR CHANEL

oohoo.com

He loves me, HE LOVES ME NOT

25% OFF VALENTINE'S SHOP

NEXT DAY DELIVERY FOR ONLY \$5.99

Which brand is best for discounts?

MORE HOLLA FOR LESS DOLLAR

NOW UP TO 75% OFF

4 Best for delivery

On time, easy to return, packaged prettily or just so speedy – which brand really, truly delivers on delivery?

- ASOS
- Very
- Next



TREAT YOUR MUM and yourself with Quidco!



With Mother's Day approaching, Quidco can help you find the perfect gift

Mother's Day on 15 March is the one day of the year dedicated to the woman who's dedicated her whole life to you. So what's the best way to say thank you? If you haven't thought of the perfect gift yet, don't panic! Here are some of our favourite ideas to make your mum feel special.

A DAY SHE'LL NEVER FORGET

Give your mum the gift of your time this year by planning a day out together. Virgin Experience days provide the perfect

solution whatever your budget. With vouchers for experiences starting from £25, there are options to do anything from afternoon tea for two with a view over Buckingham palace to fashion makeovers and photo shoots. Just don't forget to pack your camera as no doubt you'll be making some great memories together.

CASHBACK OFFER Earn up to 12% cashback with Virgin Experience Days

SAY IT WITH FLOWERS

Even if you've left it to the last minute, you can get beautiful flowers delivered



within three hours from Interflora.

Choose from its wide variety of bouquets or even mix your own bouquet.

CASHBACK OFFER

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MAKE IT PERSONAL

Notonthehighstreet.com is bursting with hundreds of ideas for customised gifts, from canvas prints of their favourite sayings, to necklaces engraved with the names of your family, or a giant wine glass embossed with her initials. There are hundreds of handmade options to choose from.

CASHBACK OFFER

Earn up to 10% cashback with notonthehighstreet.com

HOW DOES QUIDCO WORK?

Whatever you want to buy, it's likely you can get a deal or earn cashback with Quidco. Here's how:



1 Go to the website quidco.com and browse the hundreds of offers available at Quidco's retailers – or search for a specific product or service.



2 When you've found what you're looking for, just click through to the retailer's website via quidco.com and make your purchase.



3 Quidco tracks your visit and passes you the cashback. You can then withdraw it from your bank or PayPal account to spend (or save!) as you wish.

Spoil your mum and earn cashback this Mother's Day when you shop using **quidco.com**

Quidco



LUCY WATSON
#SHOPPING
SELFIE

Now feelgood fashion AWARDS Beauty Works.

6 MOST GENIUS IDEA

And the 'Ahh, I wish I'd thought of that!' clever clogs idea goes to...

ASOS Stylists (online style consultation)

M&S's 'no peep' shirts to stop you flashing your bra

New Look's 'definitely, maybe & my stuff' fitting room hooks

5 Best for feelgood jeans

Have you found your dream jeans, a style so infallible you'd sleep in them if it weren't frowned upon? Then SHARE IT WITH THE WORLD, PLEASE!!!

Topshop

River Island

Tu at Sainsbury's

7 Best for feelgood undies



They're the foundation to every outfit you'll ever wear, be it for work, play or something in between. From styling services to design, which brand gives great sets?

Marks & Spencer

Debenhams

Primark

8 UK's best store assistant

Have you got a legendary sales assistant for a sister? Do you have an awesome area manager? Know someone who just goes that extra inch with their customer service? This is your chance to shout about your star staffer at nowmagazine.co.uk/feelgoodfashion



NICKY & PARIS HILTON
#SHOPPING
SELFIE



CARA DELEVINGNE FOR TOPSHOP

Who's top of your shops?

Vote for your fave nominees at nowmagazine.co.uk/feelgoodfashion and you could win over £250 worth of prizes! Enter by 12pm on 17 March. Winners will be announced 31 March.



THE PERFECT MATCH FOR SMOOTHNESS ON THE GO



**Order by 6pm and collect
from midday tomorrow**



let's feel good

Available in most Boots stores. Subject to availability. Please see www.boots.com/ordertodaycollecttomorrow for full terms & conditions about the Order & Collect service. Geographical exclusions and charges apply.



JENNIFER LOPEZ



1 Metal manis

Kenzo's foiled fingertips stood out during the spring/summer 2015 shows. And celebs have willingly taken the metallic trend to the red carpet with Kelly Osbourne, Keira Knightley and J-Lo all showcasing metal talons at the Golden Globes. Create your own with MUA's super-shiny stick-on sheets, or try Models Own's new Colour Chrome range.



£5
MUA LUXE
NAIL FOIL 2

£4.99
MODELS OWN
COLOUR
CHROME NAIL
POLISH IN
SILVER &
GOLD

key looks for spring

Jog on, winter! It's *all* about the new season

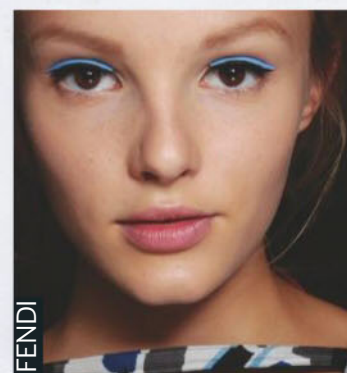
2 Peacock peepers

'Bright blue eyes are great at taking centre stage for spring,' says Barry M official ambassador Adam Burrell. Give your smoky eye a pop of cobalt blue for a night out, or pep up for daytime with a slash of turquoise liner as they did at Fendi and Elie Saab.

£3.99
BARRY M
SUPER SOFT
EYE CRAYON
IN BLUE



£8
ALIMA PURE
LIMITED EDITION
EYESHADOW
IN LABYRINTH



FENDI

3 Sculpted sockets

Diane Kendal, the make-up artist behind Marc Jacobs' minimalist look, says for a 'no eye make-up' look you still need lash curlers and contouring. Stick to nude, pink or brown shades and focus darker shadows in your socket, sweeping up under your brow bone.

£5.99
BOURJOIS
COLOURBAND
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IN BEIGE MINIMAL



£27
DIEGO DALLA
PALMA LA VIE EN
ROSE PALETTE

TURN FOR
MORE ➡



DIANE KRUGER



Discover Bootea.
Winner of slimming
product of the year.
Let's face it your new year detox went out the window.



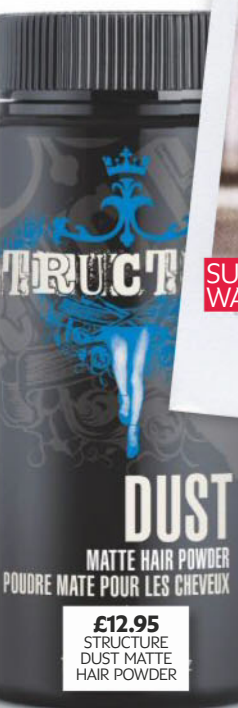
WINNER SLIMMING CATEGORY
Survey 10,175 people by TNS.

HOLLAND & BARRETT
the good life

4 Fake freckles

Rejoice, freckled folk – you're on trend! At Preen, freckle-free models had them splattered on using St Tropez Self Tan Mousse. 'This works better than a pencil, which washes off and can transfer onto clothes,' says St Tropez tanning expert Jules Heptonstall.

£33
ST TROPEZ
SELF TAN DARK
MOUSSE



SUKI
WATERHOUSE

7 Bye bye blow-outs

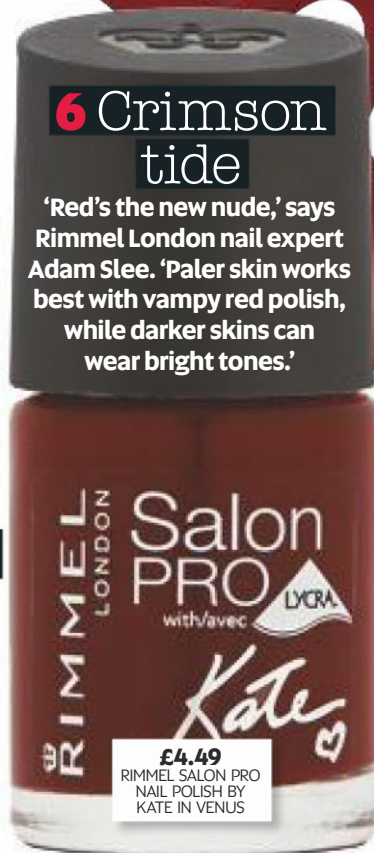
Messy braids at Armani and the 'slept-in, post-sex hair' fashioned by Sam McKnight at Tom Ford mean we all get an extra 20 minutes in bed. Muss up just-washed hair with dry shampoo or sprinkle Structure Hair Powder onto the roots, turn your head upside down and rock out a few moves from Flashdance. Just do your hair like you just don't care. It's what Suki would want.

DUST
MATTE HAIR POWDER
POUDRE MATE POUR LES CHEVEUX

£12.95
STRUCTURE
DUST MATTE
HAIR POWDER

6 Crimson tide

'Red's the new nude,' says Rimmel London nail expert Adam Slee. 'Paler skin works best with vampy red polish, while darker skins can wear bright tones.'



£4.49
RIMMEL SALON PRO
NAIL POLISH BY
KATE IN VENUS

GEORGIA
MAY JAGGER

5 Supersized shadow

When you're going out this spring, so should your eyeshadow. Diane von Furstenberg and Tom Ford went big on eyes, but it was Pat McGrath at Givenchy, with her bleached brows and swooshes of shadow, whose runway make-up reigned supreme.

9 Extreme cheekbones

For hollowed cheeks à la Givenchy, Clinique UK colour specialist Florrie White suggests this new palette. 'Use the highlighter on the tops of cheekbones, the contour shade below and blend across the middle,' she says.



£28
CLINIQUE
SCULPTURAL
CHEEK CONTOURING
PALETTE



8 Raven mad

Blame the brunette Kardashian dynasty or Guido Palau, who custom-dyed and cut 60 wigs for the Marc Jacobs show. But like a Ford Model T, the hottest hair for spring/summer comes in one colour only: black. 'Normcore is moving from fashion to hair,' says Vidal Sassoon atelier colourist Stuart Ross. 'And you can easily achieve this look at home.'

£9.99
VIDAL SASSOON
SALONIST IN
NEUTRAL BLACK





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KRISTEN STEWART

InstaGLAM

Her face, your budget

Celebrity make-up artist Marcos Gurgel reverse engineers K-Stew's bold red carpet look

To get Kristen's smoky eye, you'll need **1** NYX Jumbo Eye Pencil in both Knight and Cobalt, £5 each. Apply Knight all over the eyelids, making sure most of the product is applied to the upper lash line. For the smoky effect, blend upwards towards the brow. Apply the same shade to the waterline and along the bottom lash line, using **2** Eco Tools Eye Enhancing Duo Brush Set, £6.99, to smoke it out. Apply

the Cobalt shade to the inner corner of the eye for a pop of colour. Coat lashes with mascara or, for a more dramatic look, go for **3** Eylure Naturalites False Eyelashes 107, £5.39. Apply foundation and concealer and finish lips with **4** New CID Cosmetics I-gloss in Tickled Pink, £17. It comes with a mirror and light, perfect for a touch-up on the go.



Beauty EDIT

Beauty Content Director **Jess Spiring** brings you the latest tips, tricks and trends



£32
NARS ALL DAY
LUMINOUS
WEIGHTLESS
FOUNDATION
IN CADIZ

#KINDOF
ABIGDEAL

The weightlessness that sets this new foundation apart from others comes from the fact that a teeny drop gives all the coverage you need. Velvety and sheer, it's long-lasting and tone-correcting. Apply with your fingers, starting at the centre of the face and blending outwards.

SPLURGE

On days when my eye bags make me look old, I tackle them with Black Ops, a serum from cult brand Time Bomb that's packed with brightening weaponry.



£36
TIME BOMB
BLACK OPS
DARK CIRCLE
RESCUE

**SPLURGE
VS STEAL**

STEAL

Ingredient of the moment manuka honey gives this well-priced eye cream its hydrating properties. There's bee venom to boost the collagen you lose with age and brightening ingredients, too.



£9.99
MANUKA
DOCTOR
APINOURISH
AGE-DEFYING
EYE CREAM

Instagrammies

Want supermodel locks? Er, did I hear 'Hell yeah'? Well, believe it or not supermodel Gisele Bündchen uses Pantene – we spotted the 1 Min Ampoules in the background of this pic of her on a shoot. The wonder oil within is designed to leave hair stronger than uncoloured hair in 60 seconds.



£3.99
PANTENE 1 MIN
WONDER
AMPOULES
INTENSIVE
TREATMENT

TICKER-TAPE
TIP

Help prevent spots by splashing cold water on your skin after cleansing – it'll close pores, preventing them getting blocked with bacteria.

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Perfectil® – because true radiance starts from within.



Perfectil® tablets



Original

Plus Skin

Plus Hair

Plus Nails

Max

Platinum



From Boots, Superdrug, Holland & Barrett, Lloydspharmacy, supermarkets, chemists, GNC, health stores & perfectil.com

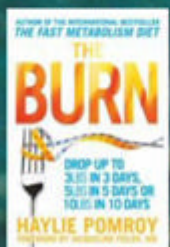
Stockists may vary. Perfectil® Plus Hair is only available in Boots. 1. Includes biotin which contributes to the maintenance of normal skin. 2. Includes zinc which contributes to the maintenance of normal hair. 3. Includes selenium which contributes to the maintenance of normal nails. *Nielsen GB ScanTrack value sales 52 w/e 21 June 2014. ** (IRI value data. 52 w/e 6th Sept 14).

YOU & Improved

Could a
cuppa help
you lose
3lb in
three days?

Hot new metabolism-boosting diet
The Burn promises to kick-start your
weight loss by tackling inflammation
and a simple brew is one of the keys

Fresh from Hollywood comes a weight-loss plan based on new science that shows losing fat quickly is the most effective way to reach your goal. Author Haylie Pomroy has a stack of celeb clients including J-Lo and Reese Witherspoon and says digestive problems, inflammation or hormones are behind weight gain. Her three-day I-Burn plan nixes inflammation and can lead to a speedy 3lb shed. But is that why you aren't seeing results on the scales? Answer the questions on the right to find out.



Questions and recipe from
The Burn by Haylie Pomroy
(£12.99, Bantam)

Do you have inflammation?
Are your cheeks puffy?
Do your socks leave marks around your ankles?
Are your knees dimpled?
Have you got cellulite?
Do you look pale?



If you answered
YES
to any of these, the plan might help. It restores your body's pH balance, which creates a rapid excretion of fat. One of the keys to the plan is to drink I-Burn tea with meals.

I-Burn tea

(makes nine servings)

4pt water

9 organic lemons

9tbsp dried parsley

3tbsp celery seeds

¼tsp cayenne pepper

Optional: 2-4 drops
of pure stevia

Slice and squeeze lemons into the water. Add other ingredients. Boil, then steep for one to two hours. Strain and store in the fridge. Sweeten with stevia if you need.



TURN FOR MORE ♦♦



47-
year-old
**Nicole
Kidman**
recently
admitted that
every month
she hopes
she's
pregnant



Infertility affects 1 in 6 heterosexual couples in the UK

82% OF WOMEN AGED 35-39
WILL HAVE CONCEIVED
WITHIN A YEAR OF TRYING



CHART OF TRUTH

Fertility facts

Good news, older mums!
Your fertility doesn't fall off a cliff in
your late thirties – but you might find
the pregnancy process painful



HALF OF
FAMILIES
IN THE
UK HAVE
ONLY
**ONE
CHILD**

67%

of women trying
to conceive avoid
friends with kids
due to their own
fertility problems



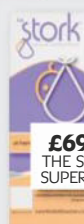
The number of
multiple births as
a result of IVF has
dropped to 16.9% of
treatments

40% OF WOMEN WHO
ARE TRYING FOR A BABY
SAY THEY DON'T ENJOY
SEX ANY MORE

3 HOT NEW FERTILITY BOOSTERS

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The Stork collects your partner's sperm in a condom-like sheath, so you can insert it in your vagina to overcome poor sperm motility.



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THE STORK,
SUPERDRUG

THE APP

Take your temperature each morning, upload it to the free NaturalCycles app and it'll tell you when your six fertile days are per month and when you're very unlikely to get pregnant.

THE SUPPLEMENT

These capsules contain superfood red reishi, a mushroom that helps prevent an overgrowth of yeast in the colon – thought to impair sperm production.



£44.99
FOR 30
CAPSULES MIKEI
RED REISHI

SECRETS OF THE FITTERATI

Poppy Delevingne's shopping list for beating a cold includes...

BAOBAB

We can't find the one in Poppy's pic, but try Organic Burst Baobab, £8.29, which is packed with vitamin C.



TONIC

Floradix, £10, is rich in antioxidants and vitamin C – as are blueberries.



CHLORELLA

Pukka Clean Chlorella, £13.96, supports the liver, kidneys and gallbladder and is rich in iron.



VITAMINS

Instead of Poppy's Earthbar vitamins, try Vitabiotics Immunace, £10.15, which is designed for optimal flu defence.



ON TRIAL Trainers

Best for jogging
Saucony Mirage 4, £100
For indoor or outdoor running, you need a super-stable shoe. This all-star trainer from Saucony has 4mm of flexible cushioning to protect your knees and hips.



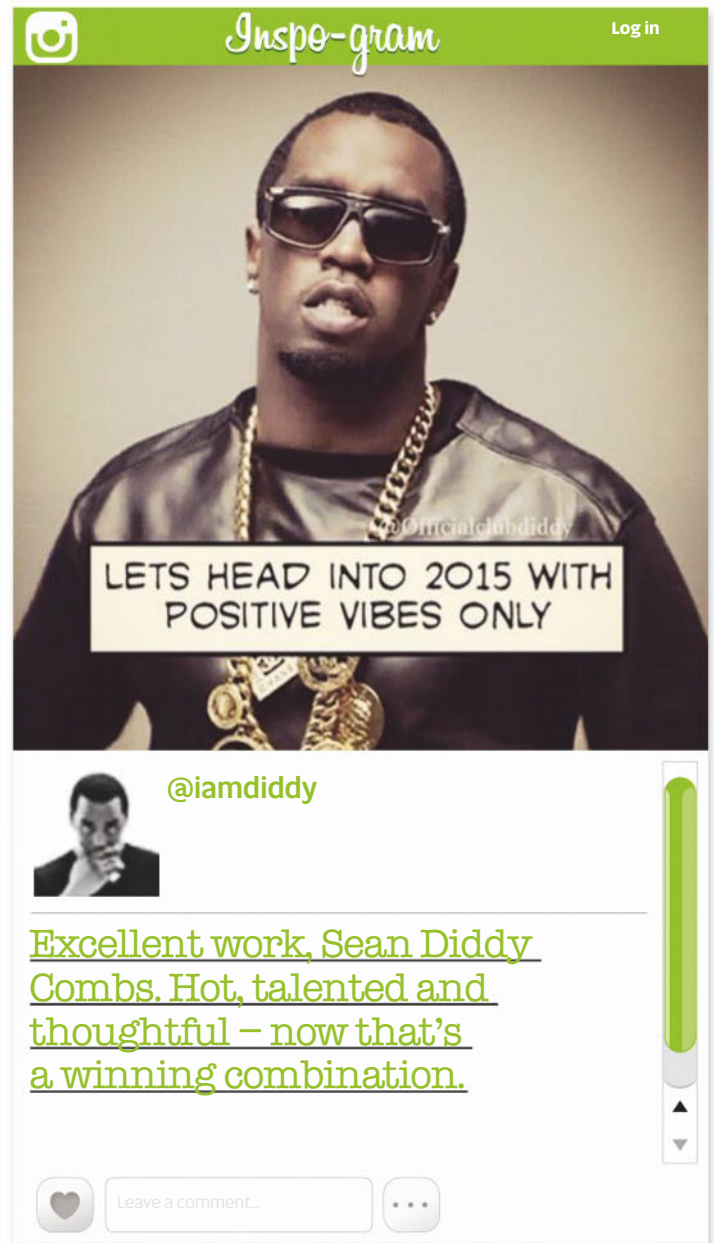
Best for classes
Reebok Cardio Ultra, £80
With 'turnzone' tech in the sole to allow you to easily pivot and stacks of foam to absorb your impact, this stylish new shoe is specially designed for studio classes.



Best for a weights sesh
Nike Free I.O Cross Bionic, £80, JD Sports
The honeycomb sole for barefoot-style wear gives plenty of stability and support, making these great for weights or interval training.



Designed specifically for busy families, but an equally great invention for couples or groups of friends, the Cozi app allows you to share diary dates, write to-do lists and share chores. For super-organised types, there's also a menu planner.



Excellent work, Sean Diddy Combs. Hot, talented and thoughtful – now that's a winning combination.

ASK ANNABELLE



Now's sexpert Annabelle Knight answers your sex questions

Q Is it true that if I wax my pubes continually, I'll lose sensation down there?

A Waxing won't do any long-lasting damage to

your sexual sensitivity. You may be more sensitive in that area immediately after waxing, but that should subside. You can limit the pain factor by avoiding caffeine and taking two aspirin before you visit the beautician.

Discomfort aside, waxing can actually boost your sensual experience. Women tend to feel sexier after a wax, so a regular trip to your local spa to get your topiary tidied could even improve your sex life.

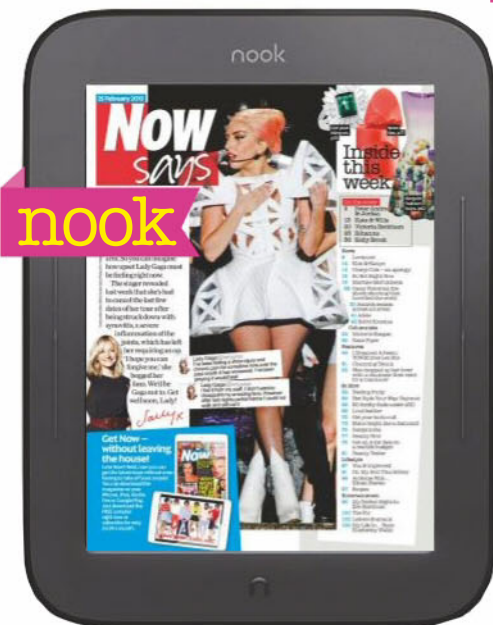
Got something to ask Annabelle? We're giving away a free Lovehoney Magic Wand, worth £49.99, to the reader whose question is featured. So send in your sex questions to askannabelle@timeinc.com. We promise not to name you.

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★★★★★



You & Improved Oh.My.Bod.

Presenter **Helen Skelton**, 31, shares her top to toe health secrets

'I hate that my legs are so solid'

HEIGHT: 5FT 3IN
WEIGHT: 9ST
DRESS SIZE: 8-10

What exercise do you do?

I mix it up. The other night I did aqua aerobics and tonight I'm doing boxercise. I don't exercise unless I'm going to enjoy it. One of my favourite things is taking my dog Barney – a sausage dog crossed with a Red Setter – out for a walk.

Is there any exercise you hate?

I hate running on a treadmill – you're not going anywhere.

You ran a 78-mile ultra-marathon – that must have been tough!

Running doesn't come easily. I'm not naturally fit, but I work at it. My family say I'm like a little Shetland pony – I'll just keep plodding on!

Do you work out with your husband [rugby player Richie Myler]?

We're so competitive! When we got together, one of the first things he said was: 'Wow, you've got strong legs!' I was really offended, but to him that's a massive compliment.

So your legs are your least fave body part?

Yeah, they're bigger than Richie's! I hate that they're so solid but they've served me well.

Have you got a guilty food pleasure?

Nando's. Or boil-in-the-bag fish!

Helen's children's book Amy Wild: Amazon Summer (Corgi, £6.99) is out on 7 May

HELEN'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

Poached eggs if I have time or half a bagel with a banana.

OLLIE SAYS Eggs are high in protein and omega-3, while the bagel and banana provide energy for Helen's workouts.



144 cals

Lunch

I'll have Ryvita with some smoked salmon and salad.

OLLIE SAYS Ryvitas are high in fibre, which fills you up, while the salmon is rich in omega-3, which contributes to healthy brain function, and salad is full of antioxidants.



321 cals

Dinner

Bolognese – without pasta – and salad.

OLLIE SAYS Lean mincemeat is high in iron, crucial for the production of red blood cells. Include one or two portions of red meat a week as part of a healthy eating plan.



408 cals

Snacks

I'll nibble on fruit and nuts.

OLLIE SAYS Nuts are high in monounsaturated fats that help lower cholesterol. Fruit is also full of vitamins and minerals.



300 cals

TOTAL CALS 1,173 (GDA 2,000)

VERDICT Helen's diet is packed full of foods high in omega-3, which supports thyroid function – a contributing factor to fat loss. Low-energy-density foods such as salads provide fibre and volume without the extra calories. Helen isn't neglecting carbs either – fruit and bagels are sensible choices that provide her with enough energy to fuel her intense boxercise workouts.

Follow Ollie on Twitter @Ollie_Frost

Now 79

Words: Katie Lanford-Foster. Photos: Mediabitz, Photoshot, Shutterstock, Xposure



The former Blue Peter host hung out with Rita Ora at The Girl Guides Big Gig in 2012

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Catch Gemma Arterton in *Made in Dagenham*



Tamsin Greig stars in *Women on the Verge of a Nervous Breakdown*

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WICKED

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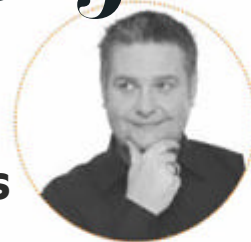
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Scopes

SATURDAY 21-FRIDAY 27 FEBRUARY

Your week ahead with **David Wells**

You & Improved



PETER ANDRE

turns 42 on
27 February

IF IT'S YOUR BIRTHDAY THIS WEEK...

The union between the Sun and Neptune in your sign is rare and shouldn't be ignored. You're blessed with strong intuition so as your year begins, don't ignore it. Nothing you feel or see is beyond your grasp. Saturn's putting hard work your way and a combination of vision and effort will bring a year of great results. These are fairytale times, so be sure to choose your three wishes.

PISCES 20 Feb-20 Mar

Having said farewell to Venus, she's now in your money sky. Used wisely, she can help you boost your finances – and Mars has a plan to put moneymaking opportunities into play.

It's time for you to be brave. Call me.
UK: 0905 8171572* IRL: 1560 787912*

ARIES 21 Mar-20 Apr

It's a busy time for your love life. As Mars and Venus chase each other through your sign, it may become all too evident just who is – or isn't – going that extra mile to grab your attention.

Call for more on a romantic week.
UK: 0905 8171561* IRL: 1560 787901*

TAURUS 21 Apr-21 May

When you're standing in your own way, you know it. You also know if you're getting into something too seriously or if you've failed to put a genius idea into action. But why?

It's a breakthrough week. Call me.
UK: 0905 8171562* IRL: 1560 787902*

GEMINI 22 May-20 Jun

Can you be sure of someone's loyalty? What you said was told in confidence and only shared with a few people, so finding out who's been less than faithful should be easy.

Call for more on grown-up choices.
UK: 0905 8171563* IRL: 1560 787903*

CANCER 21 Jun-22 Jul

This week's line-up is one of the best in a long time for promotion chasers – one where success is far more likely if you take the initiative. So be bold and ask if that position is available.

It's not all about work. Call me.
UK: 0905 8171564* IRL: 1560 787904*

LEO 23 Jul-22 Aug

You're in the mood for some fun and games, but do you know where to draw the line, Leo? Set boundaries. Know when you're on the crest of a wave and when too much will make you tumble.

Call for more on travel and romance.
UK: 0905 8171565* IRL: 1560 787905*

VIRGO 23 Aug-22 Sep

Some days are a lot tougher than others and it's not always possible to hide, even when we feel like it. But others can help you better understand a recent setback, so accept their help.

Money and love gain clarity. Call me.
UK: 0905 8171566* IRL: 1560 787906*

LIBRA 23 Sep-22 Oct

Venus and Mars in your relationship sky combine with the Moon and Uranus. They'll help to show you who's on your side – and who'd like to be but needs more persuasion.

A huge relationship week. Call me.
UK: 0905 8171567* IRL: 1560 787907*

SCORPIO 23 Oct-22 Nov

Being innovative, ahead of the trends and having a vision others want to hear about is one thing, but delivering it is quite another. Small steps take you towards big deals.

Money flows – call to find out more.
UK: 0905 8171568* IRL: 1560 787908*

SAGITTARIUS 23 Nov-21 Dec

Single sorts are in some sort of bonus round of extra attention, long after you thought things had died down. Enjoy it. For all centaurs, new pastures will be revealing themselves.

Call to hear about work-life balance.
UK: 0905 8171569* IRL: 1560 787909*

CAPRICORN 22 Dec-20 Jan

You're not giving in to those who think they know better. They're basing their choices on half the information and half the truth. Enlighten them, then include them in the decision making.

Call for more about family chats.
UK: 0905 8171570* IRL: 1560 787910*

AQUARIUS 21 Jan-19 Feb

This week starts with a heated debate and folks jumping on the huffy bus, but you're walking in time with the universe. Some people need time out, so it's best to let them have it.

Calmer debates lie ahead. Call me.
UK: 0905 8171571* IRL: 1560 787911*

*BT calls cost 77p per min/ROI landline calls cost €1.25 per min and last approx 4 mins. Other networks may charge more. Weekly lines updated on Saturdays. For entertainment purposes only. Users must be over 18. You must have the bill payer's permission. SP/IP: Spoke (0333 202 3390).

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The Fix

What'll get
your pulse
racing
this week

TV

Go on, guys,
tell us
who's won!

The BRIT AWARDS

The Brit Awards ITV, 8pm, 25 February

The biggest night of the year in UK music is almost upon us and it's hosted by Ant and Dec, so it promises to be actually funny. Sam Smith, George Ezra and Ed Sheeran lead the nominations and Madonna will be singing live (um, hell yes)! Taylor Swift and Take That

are performing, too. Told you it's going to be good. The question is, which celebs will say stuff they shouldn't and will anyone storm the stage Kanye West-style? Now will be bringing you all the hottest gossip from the Brits and the aftershow parties – as if we wouldn't!

BRIT OF ALL RIGHT

Here's hoping there'll be more controversial moments like these at this year's do

Let's Get Ready To
Rum And Raisin



Larfs!

When this year's hosts Ant and Dec were nominated for the British Breakthrough gong in 1995, they turned up in an ice-cream van.

Rage!

Remember when Adele gave the Brit Award 'suits' the middle finger on stage in 2012 after James Corden was forced to cut her speech short? Yikes.



Look out, James!
Someone doesn't
Like You

Rivalry!

In 2000, Robbie Williams taunted Liam Gallagher: 'A hundred grand of your money, a hundred grand of my money, we'll have a fight.' Sadly, Liam was out of the country.

Dramz!

Chumbawamba vocalist Danbert Nobacon poured a bucket of freezing cold water over Deputy Prime Minister John Prescott's head at the Brits in 1998.



MP John invents the
Ice Bucket Challenge

Gongs!

Robbie Williams has received the most Brit Awards in music history – he's got 17 of them. Can we borrow one, Rob?



11 more
than you,
Liam

A quickie with...

GRACE HELBIG

The US YouTube star, 29, chats to us about her new book and how to get over a hangover...

Tell us all about your new book, Grace...

It's called *Grace's Guide: The Art Of Pretending To Be A Grown-Up*. It's a tongue-in-cheek self-help book for millennials. You'll find all sorts of stuff in there, like how to get over a hangover or how to do the walk of shame. Other self-help books might not teach you to do those things.

So how do you get over a hangover?

You need to accept it's happening to your body and not fight it. Give yourself a lazy day and say no to all other plans. And eat greasy food! If you're getting drunk, it's best to do it when you've got a day off. And then there's the hair of the dog.

How did you get into vlogging?

When I graduated from college,

I moved to Brooklyn from New Jersey with my college roommate. Making videos was a hobby at first because I had a day job. But I loved making funny videos, just talking about my day with my roommate each evening. We got noticed by the website My Damn Channel and co-created a web series. It spiralled from there. I quit my day job and now I make videos five days a week.

How would you explain your videos?

I'm like an awkward older sister. A lot of girls in their teens and twenties watch, so I teach them about stuff in a comedy way. I'd say I'm irreverent and always silly.

What job would you have done if you weren't a vlogger?

Travel blogging. Wouldn't it be so cool to travel the world and write about it? It's the perfect job.

Which funny ladies make you laugh?

Phoebe from *Friends* is the greatest, most under-appreciated character on TV. I've definitely got some Phoebe in me! I love Amy Poehler and Tina Fey, too. And Emma Stone has a great sense of humour.

Which celebrity would you love to meet?

Emma Stone and Emma Watson – they're both charming human beings. And Anna Kendrick – she's super-cool.

Do you get recognised in the street from your videos?

Sometimes. I think I'm taller in real life than people expect. I'm 5ft 9in.

Are you friends with any other vloggers?

Yes! I'm friends with Zoella, who's lovely. And I've just shot a video with Emma Blackery – she's awesome.

Grace's Guide: The Art Of Pretending to Be A Grown-Up (£10.99, Simon & Schuster) is out now

Amazing Grace with her new book

THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW

The Oscars

Sky Movies Oscars, 1.30am, 23 February
The dresses, the red carpet, the men! This year's a Brit-off, as Benedict Cumberbatch and Eddie Redmayne battle for Best Actor.



TV

The Keith Lemon Sketch Show

ITV2, 10pm, Thursdays
Keith, you've done yourself proud with your Kim Kardashian impression. It's like *Bo Selecta* all over again.



TV

Shark costumes

Call it the Katy Perry Super Bowl effect. Is it wrong that we want one?



Duuun dun, duuun dun, dun-dun dun-dun-dun...

Nippy celebs

Look, Amanda Holden, you've got a lovely figure, but we can see everything. It's February – best to wear a bra!



Britain's Got Cold Winters

Wolf Hall finishing
BBC2, 9pm, 25 February

We know Anne's Boleyn's going to get her head chopped off, but does the brilliant adaptation of Hilary Mantel's novel have to end?



TV

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Chilling IN

The Only Way Is Essex
 ITVBe, 10pm, 22 February
 YES! The Essex lot are back and this time the madness kicks off with a Tenerife special – because the show *has* to start abroad each series now. Last thing we heard, Ferne McCann and Danielle Armstrong were rowing, so this will be very interesting.

TV

Glue

On DVD 23 February
 Who killed Cal? If you don't know, you need to buy this box set. Jordan Stephens from Rizzle Kicks stars in the most gripping mystery since Broadchurch. No, seriously.



DVD



Fury

On DVD 23 February
 As the commander of a tank behind enemy lines near the end of World War II, it's up to Sgt Wardaddy (Brad Pitt) to lead his soldiers to victory. Tense stuff.

DVD

Annabelle

On DVD 23 February
 Who wants to own a creepy old doll? Not us, ever – and especially not after watching this movie about a couple whose home is invaded by a satanic cult. Just a regular day, then...



DVD

Chilling OUT



Cake

At cinemas 20 February
 Jennifer Aniston *should* have got an Oscar nom as Claire, a woman fascinated by the suicide of a lady in her chronic pain support group. Cheery it isn't.

FILM

The Wedding Ringers

At cinemas 20 February
 Funny lady Kaley Cuoco (Penny from The Big Bang Theory) stars in this film about an awkward guy who has to hire a best man for his wedding. Complex? No. Hilarious? Yes!

FILM



FESTIVAL

Field Day

Victoria Park, London, 6-7 June
 (fielddayfestivals.com)
 It's not too early to start booking festivals – it's the best way to get through winter. This East London fest hosts Caribou and Hudson Mohawke, so get buying your tickets now.

Hot Chip

The Library
 at The Institute, Birmingham, 20 February (live).
hotchip.co.uk
 The Brit electronica band are playing a special gig in Brum, so beg, borrow or steal (OK, not steal) a ticket to hear hits like Over and Over and One Life Stand in the actual flesh.

GIG



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Letters & Emails

Now

The hunk DEBATE

I loved your Top 50 Hottest Hunks Ever but seriously, why wasn't David Beckham No 1? And David Gandy at 39? I would've rated him much higher. Still, it provided me with major eye candy! Lacey, Exeter

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FABULOUS FITNESS

After seeing how trim Gemma Collins is looking, I was inspired to hit the gym hardcore! Thanks Gemma, you're an inspiration. Kelly, Preston



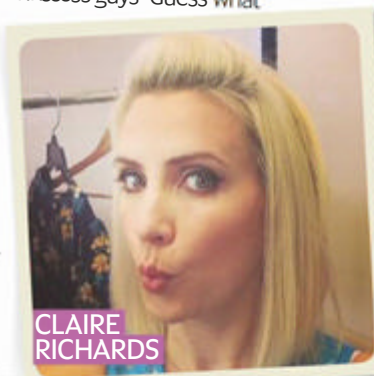
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Celebrities and readers alike have been Tweeting about us *Blushes*

@_ClaireRichards Well what a lovely post for me to come across! Feel quite chuffed with this Thankyou "RT @NowMag: Want a warm and fuzzy feeling? Have a little butchers at @_ClaireRichards gorgeous happy life"

@JoshUJWorld Naw thanksssss guys "Guess what @JoshUJWorld? You've made it into our 50 Hottest Hunks list!"

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Time Inc. (UK) Ltd
ISSN 1365-6864



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MY LIFE IN showbiz

TOWIE's **Lauren Pope**, 32, talks modelling, partying and crazy fans

My days as a model

I started doing glamour modelling when I was 19, before I became a DJ and then joined TOWIE in 2010.

My biggest 'pinch me moment'

It was when my hair extensions range Hair Rehab went into Superdrug because we'd worked so hard. Little Mix and Cheryl Fernandez-Versini have worn the extensions, which is incredible.

The best DJ set I've ever done

I've DJ-ed all over the world, but the best gig was at huge Miami club LIV. Ne-Yo was there and it was a big moment.

It's not all glamour

It's exciting on the red carpet, but I'm there to work so I have to be careful what I say and not get too drunk! I much prefer dinner with mates, where I can act silly and drink as much wine as I want.

My biggest fan

A guy in Germany has got a tattoo of me on his ribs. I'm sort of flattered, but it's surreal knowing that I'm on someone's body for ever.

The Lauren Pope for Accessoryo.com collection is available online now



Lauren poses for an early photo shoot



My fave TOWIE moment

I was at such a low – Chloe Sims and I weren't talking, I'd had a fall-out with Charlie Sims and Mario Falcone and I felt so lonely. Then Vas Morgan joined. We've been friends for five years, so it was nice to know I have someone who's always got my back.



My favourite red carpet outfit

I loved the Gareth Pugh dress I wore to this year's NTAs. I did my hair myself and had to redo my make-up. I was running so late, I had a cab waiting outside my house for 20 minutes. I didn't realise how see-through the dress was. We did the test where you take a picture with the flash and all the lights on, but still couldn't see anything!



I was in a Calvin Harris video

It was the video for Ready For The Weekend. People still ask me about it. I got the job through my modelling agency. If I'm in Las Vegas or Ibiza and Calvin's playing, he always lets me watch the show. I'm very lucky.



Ferne and Lauren in Ibiza

The best party I've ever been to

I saw Swedish House Mafia play at Ushuaia in Ibiza two summers ago with Ferne McCann, Jess Wright and Sam Faiers. We're all going back to Ibiza this year.

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